

SEOW Special Report: Mental Health in Maine

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Paul R. LePage, Governor

Department of Health
and Human Services

Maine People Living
Safe, Healthy and Productive Lives

Mary C. Mayhew, Commissioner

Introduction

The following report is a product of the Maine State Epidemiological Outcomes Workgroup (SEOW). The Maine SEOW, under the Office of Substance Abuse and Mental Health Services (SAMHS), is charged with collecting, analyzing, and disseminating data regarding substance use and related behavioral health in efforts to help prevention professionals and stakeholders make data driven decisions.

This report examines the prevalence of mental illness and mental health disorders in Maine as well as data regarding suicides, suicide attempts, and suicide ideation. In addition, this report tracks rates of co-occurring disorders within treatment with a special focus on the relationship between mental health and substance use. In order to provide for a more comprehensive report, SEOW relies on a multitude of data sources (List of sources available in [Appendix A](#)). When possible, mental health indicators have been analyzed by demographics (e.g., age, gender) and defined geographical regions (e.g. public health district, county).

Executive Summary

- About 1 in 5 adults in Maine reported having any mental illness.
- Suicides increased by 17% from 2008 to 2014.
- About 1 in 7 (15%) Maine high school students had serious thoughts of suicide within the past year compared to 8% of 18 to 25 year olds.
- In 2014, there were 1,613 calls to the poison center suspected to suicide attempts.
- Androscoggin, Kennebec, and Cumberland had the highest rates of poison center calls suspected to be suicide attempts.
- Suicides in Maine are most common among Mainers 35 to 54 years old.
- In 2014, there were 9 times as many suicides as homicides. Maine ranked 11th within the nation in 2013.

Executive Summary

- Adults with any mental illness are three times as likely to abuse and/or qualify as dependent on substances.
- Adolescents experiencing a major depressive episode in the past year were twice as likely to use illicit drugs within the past year.
- Almost 6 out of 10 admissions for substance abuse treatment also had a previously diagnosed mental health disorder; this rate has steadily increased since 2010.
- Nearly half of adults served in Maine SMHA's also had a substance use disorder.
- In 2014, Maine 2-1-1 referral calls related to mental health services surpassed the number of calls related to housing/ shelter.

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Co-occurring Disorders

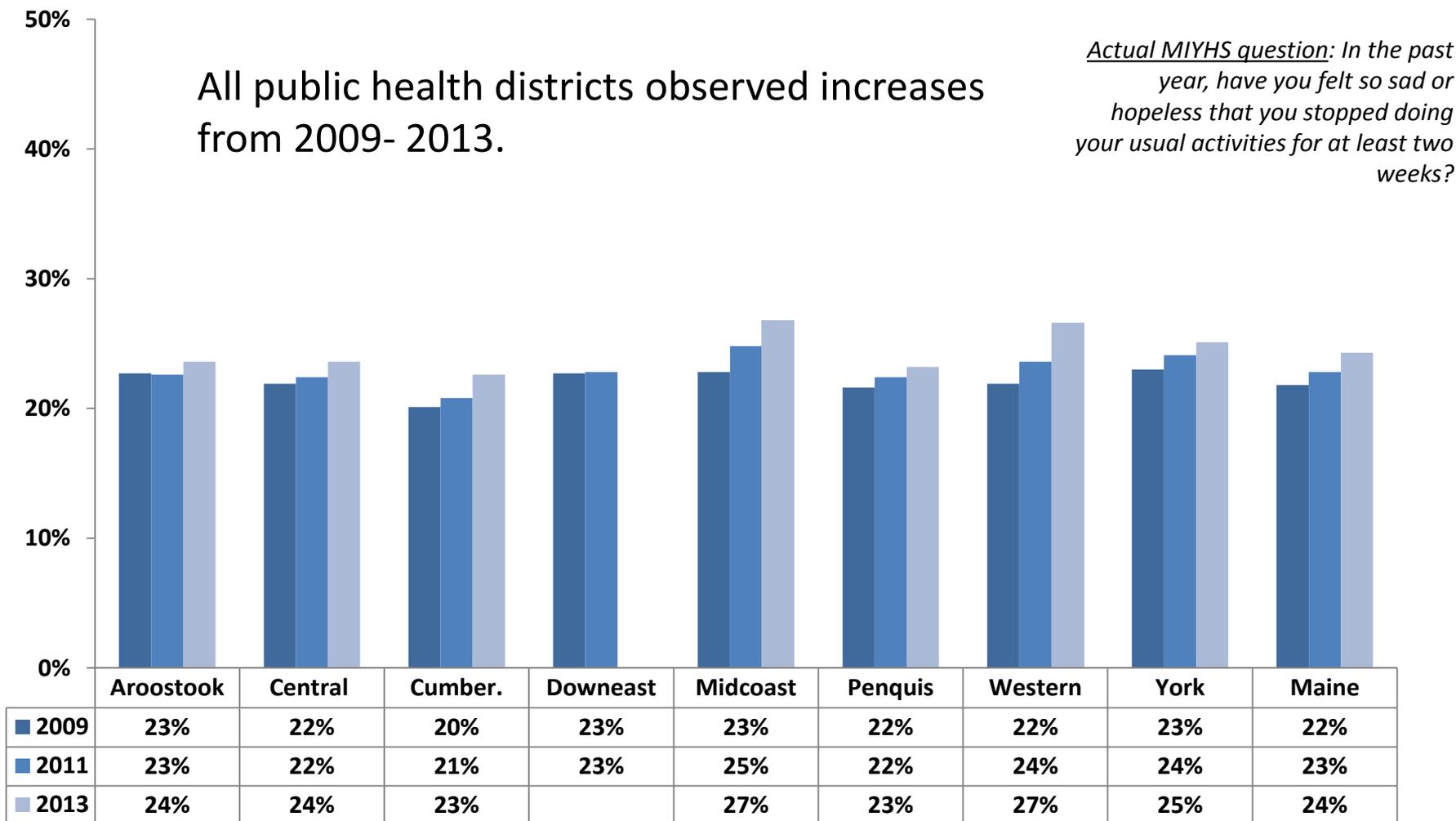
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Mental Illness Rates

(depression, anxiety, serious mental illness)

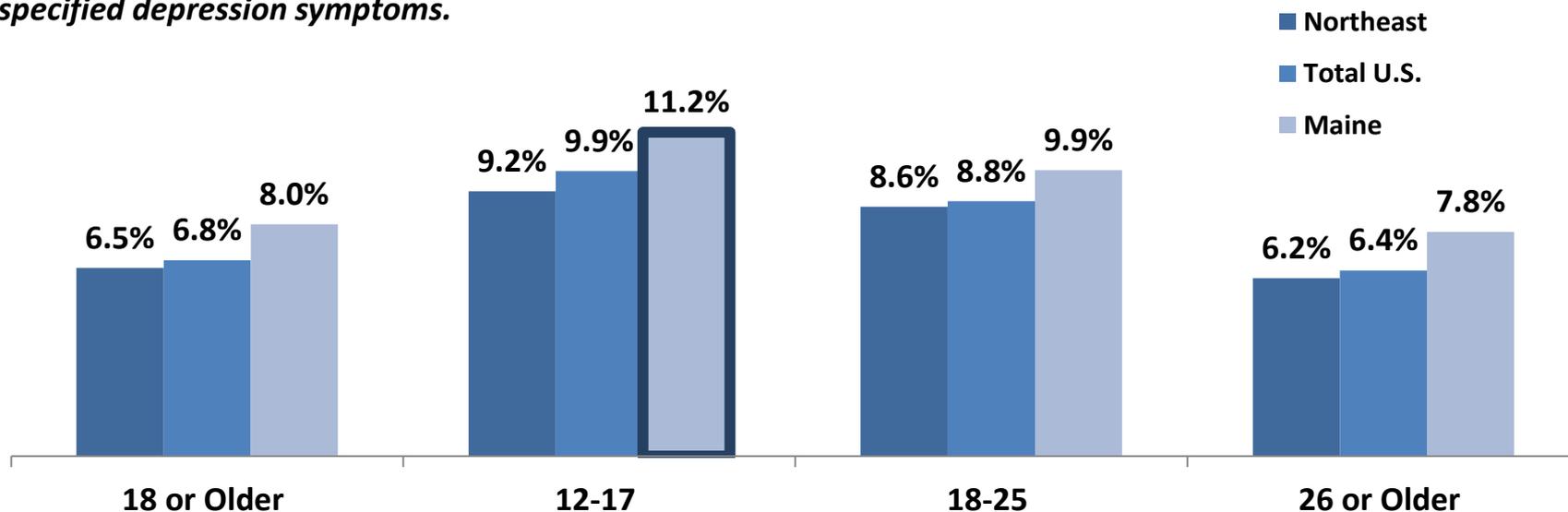
High schoolers who felt sad or hopeless for two weeks or more in a row during the past year, by public health district: 2009-2013



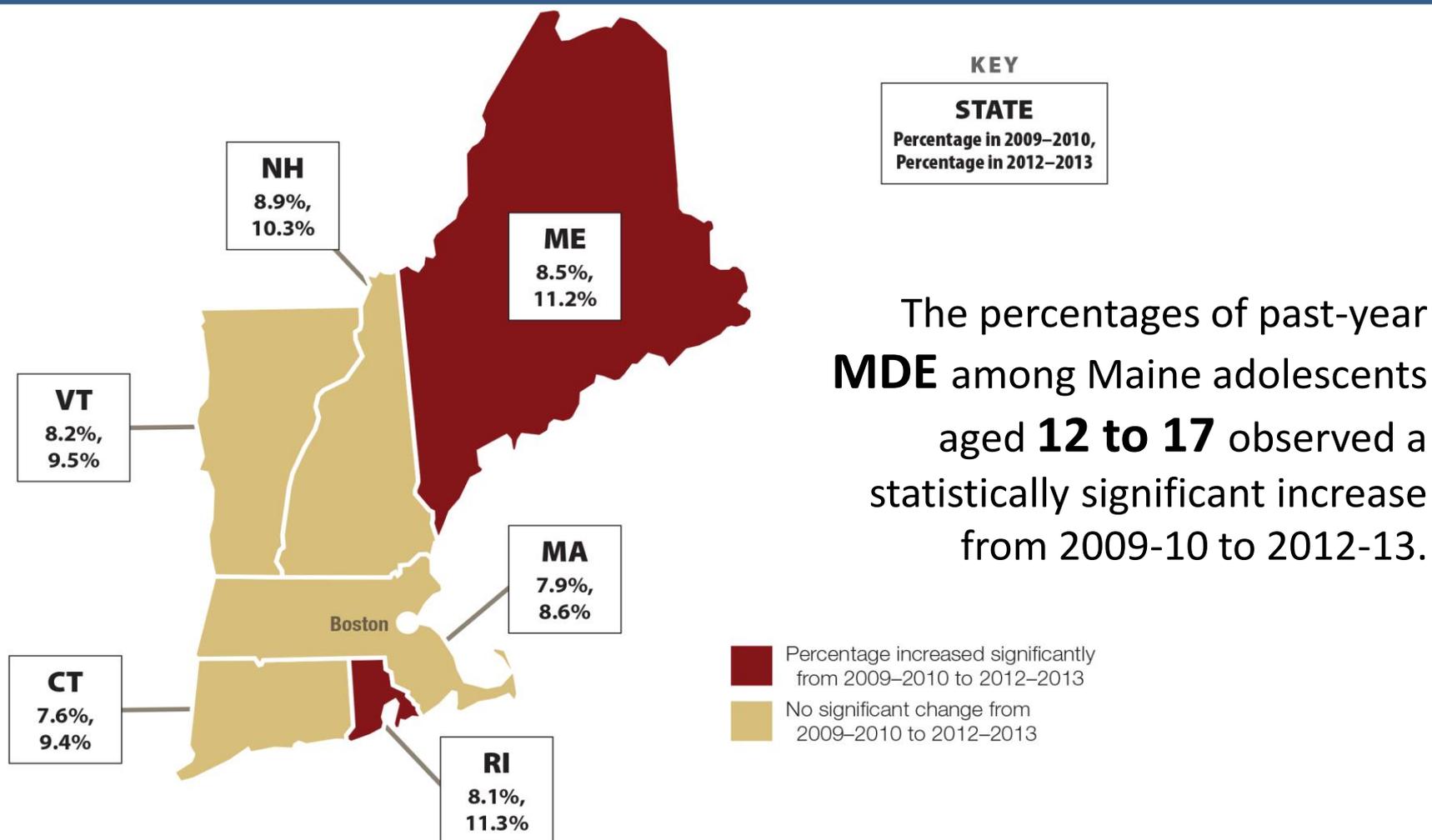
Mainers who had at least one major depressive episode in the past year, by age group and region: 2012-13

*NOTE: Major depressive episode (MDE) is defined as in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), which specifies a period of **at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.***

In general, Maine youth **12-17** have higher rates of **major depressive episodes** within the past year than adults.

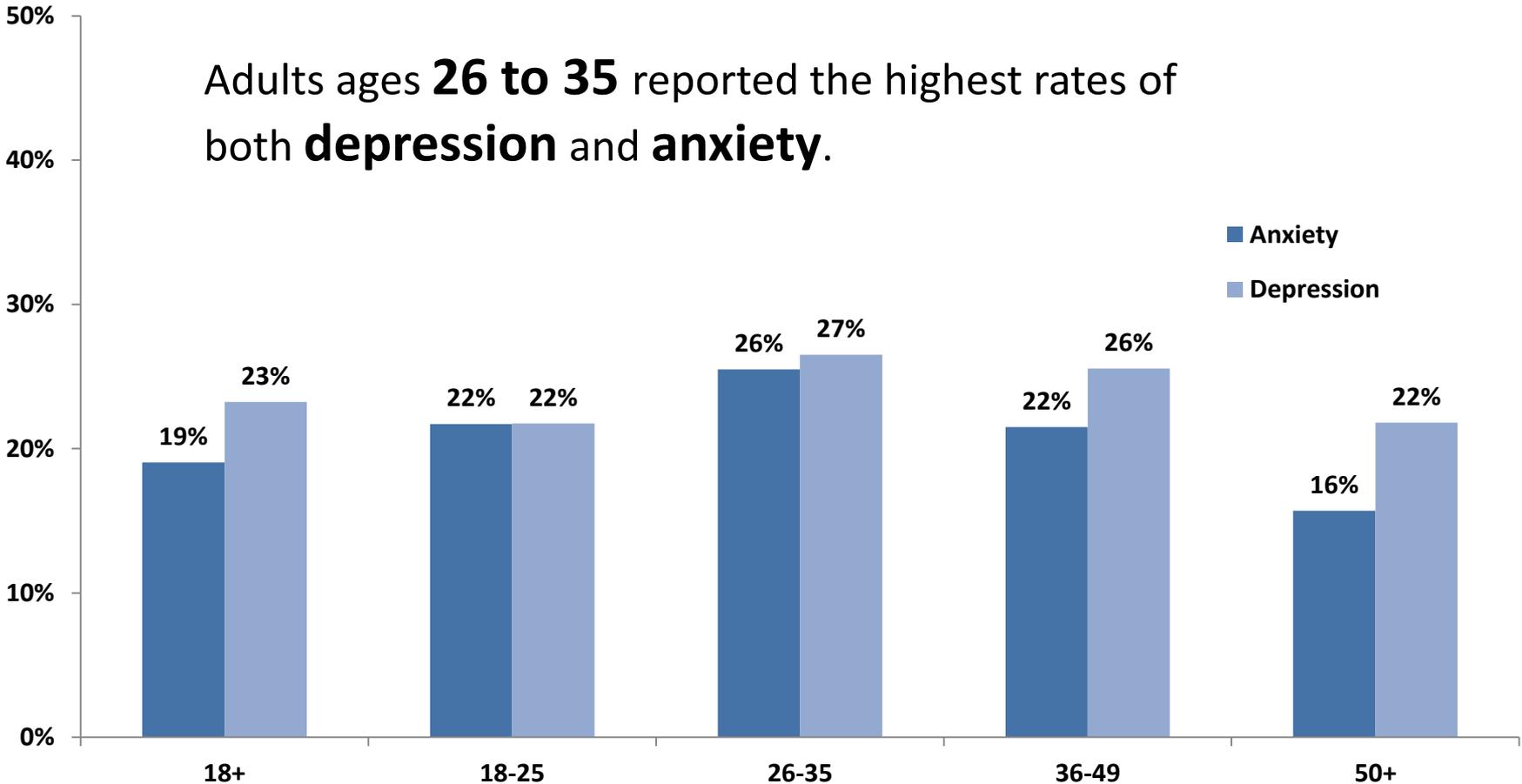


Past year major depressive episode (MDE) among adolescents aged 12 to 17 in Northeast U.S.: 2009–2010, 2012–2013



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health. Slide 5 – Executive Summary, Region 1, 2014 Behavioral Health Barometer

Percent of adults who have been told they have depression or an anxiety disorder by age group: 2012–13

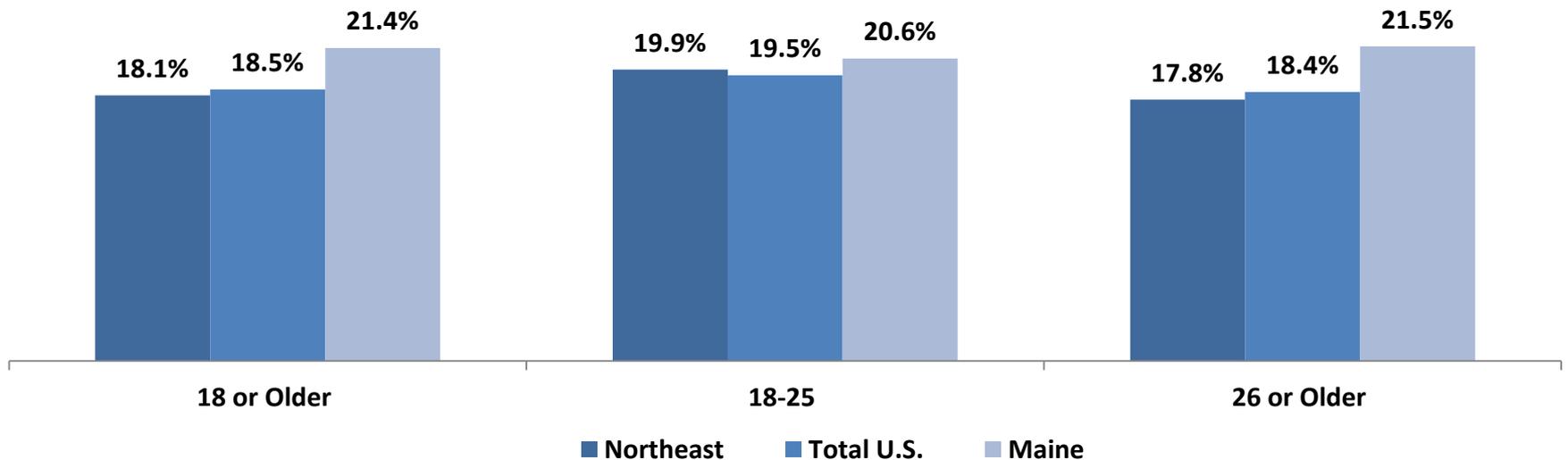


Source: Maine Behavioral Risk Factor Surveillance System

Any mental illness in the past year, by age group and region: 2012-13

In 2012-13, **Maine** adults had higher rates of **any mental illness*** in the past year compared to the Northeast and the total U.S.

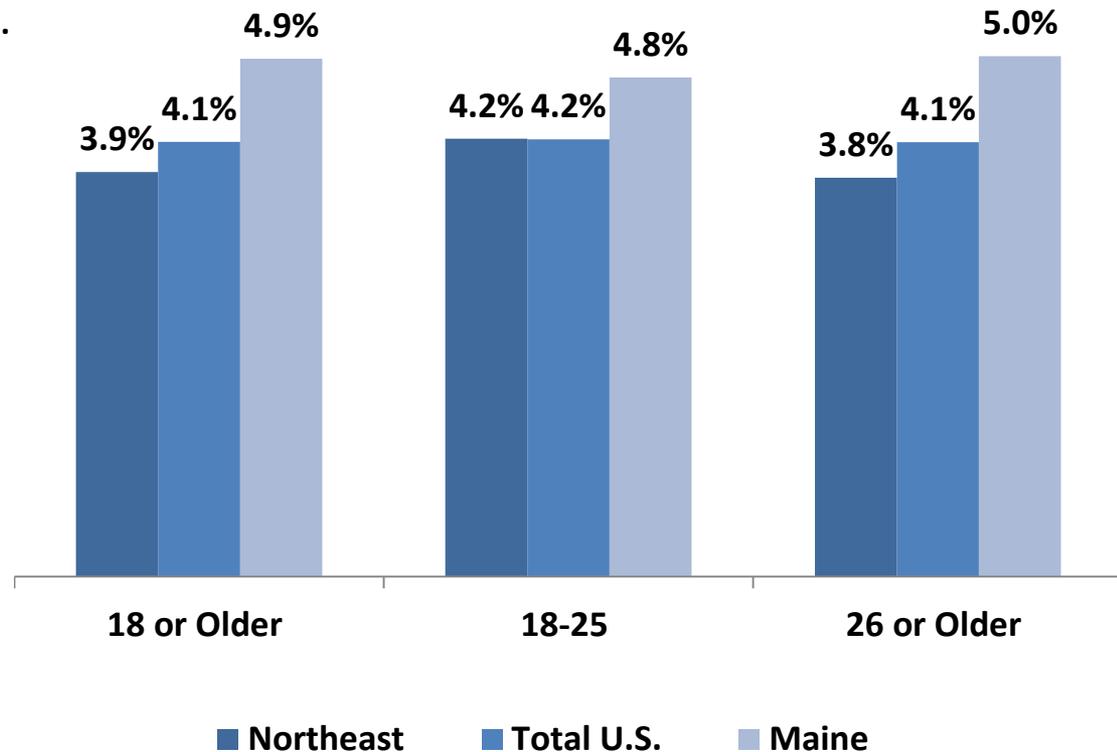
**Any mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, as assessed by the Mental Health Surveillance Study (MHSS) Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders*



Serious mental illness in the past year, by age group and region: 2012-13

In 2012-13, about **5%** of adults in **Maine** had a **serious mental illness*** within the past year.

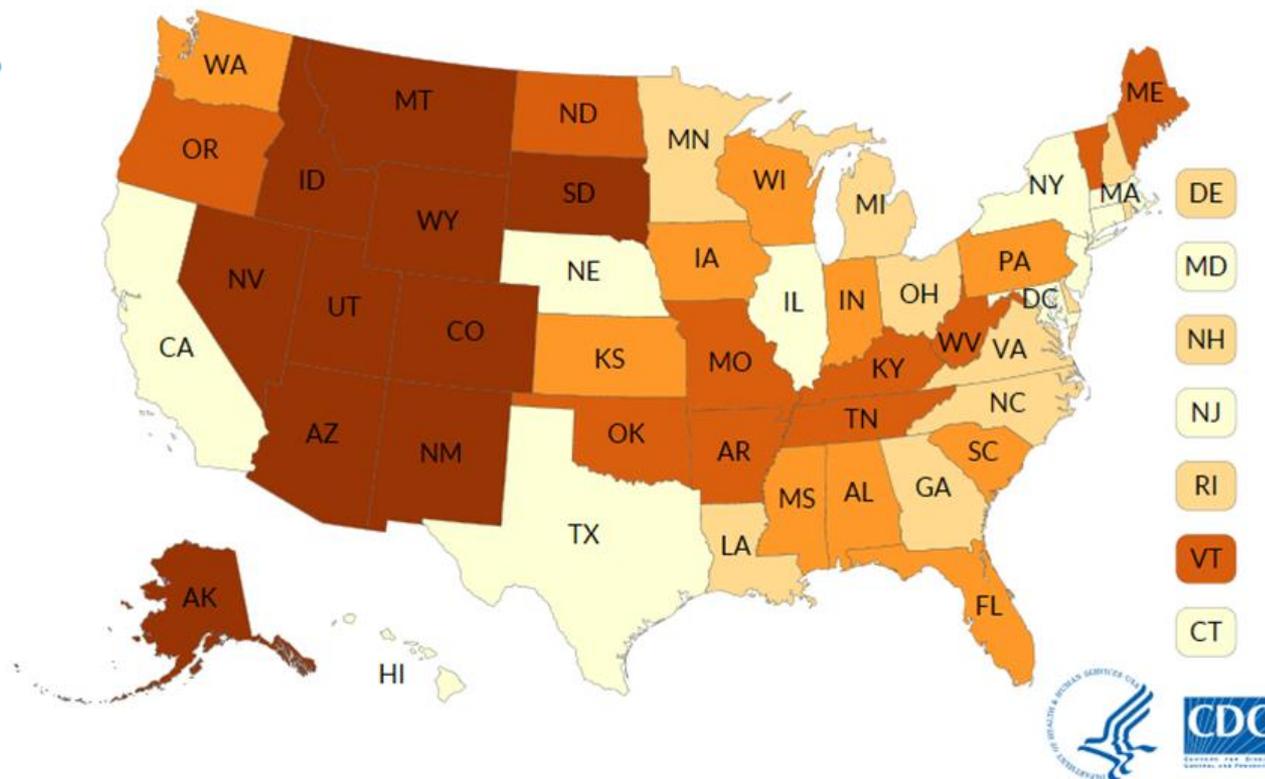
Serious mental illness (SMI) is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, as assessed by the Mental Health Surveillance Study (MHSS) Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders. SMI includes persons with **diagnoses resulting in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.*



Suicides and Suicide Ideation

Rate of suicides (per 100,000 residents), by state: 2013

United States 12.6



In 2013, **Maine** had the **11th highest rate** in the nation with **17.4 suicides** per 100,000 residents.

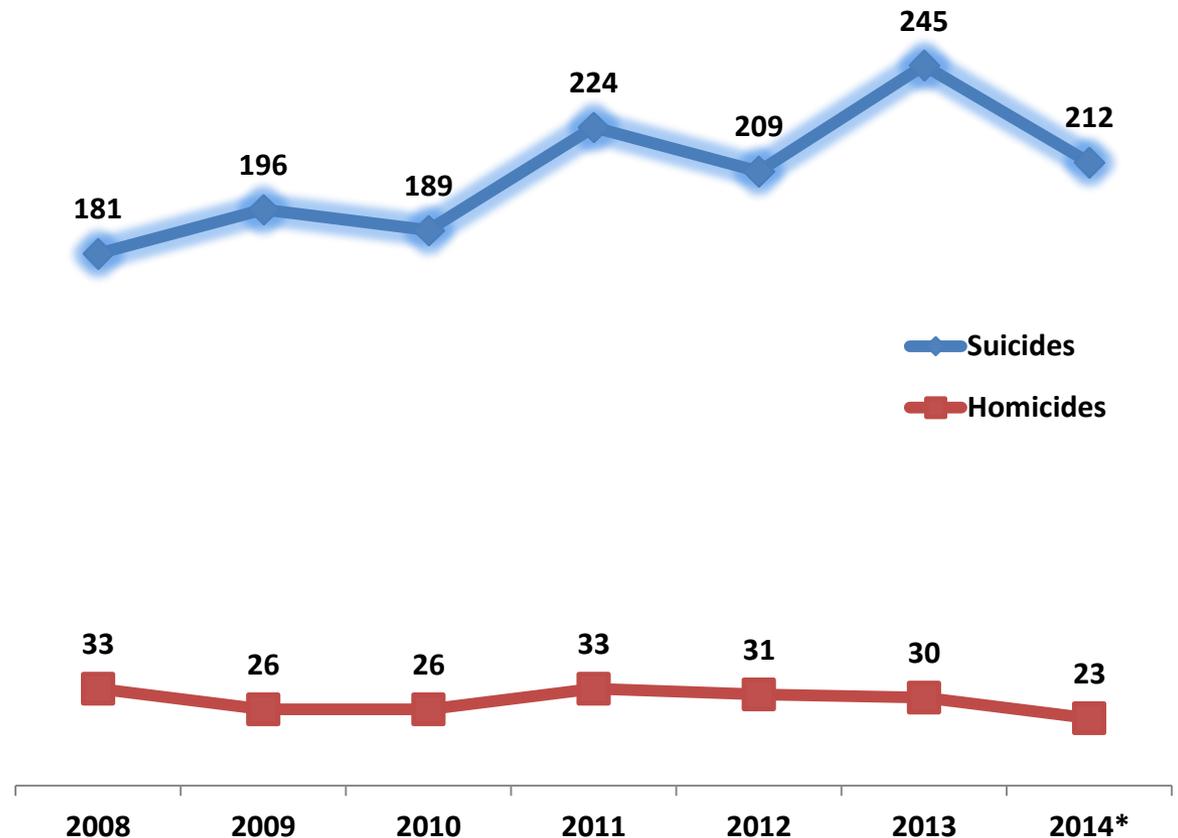
Source: National Vital Statistics Report

http://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64_02.pdf

Number of deaths from suicide or homicide: 2008-2014*

The number of deaths from **suicides** in Maine **increased** by **17%** from 2008-2014.

Homicides in Maine have remained relatively **stable** since 2008.

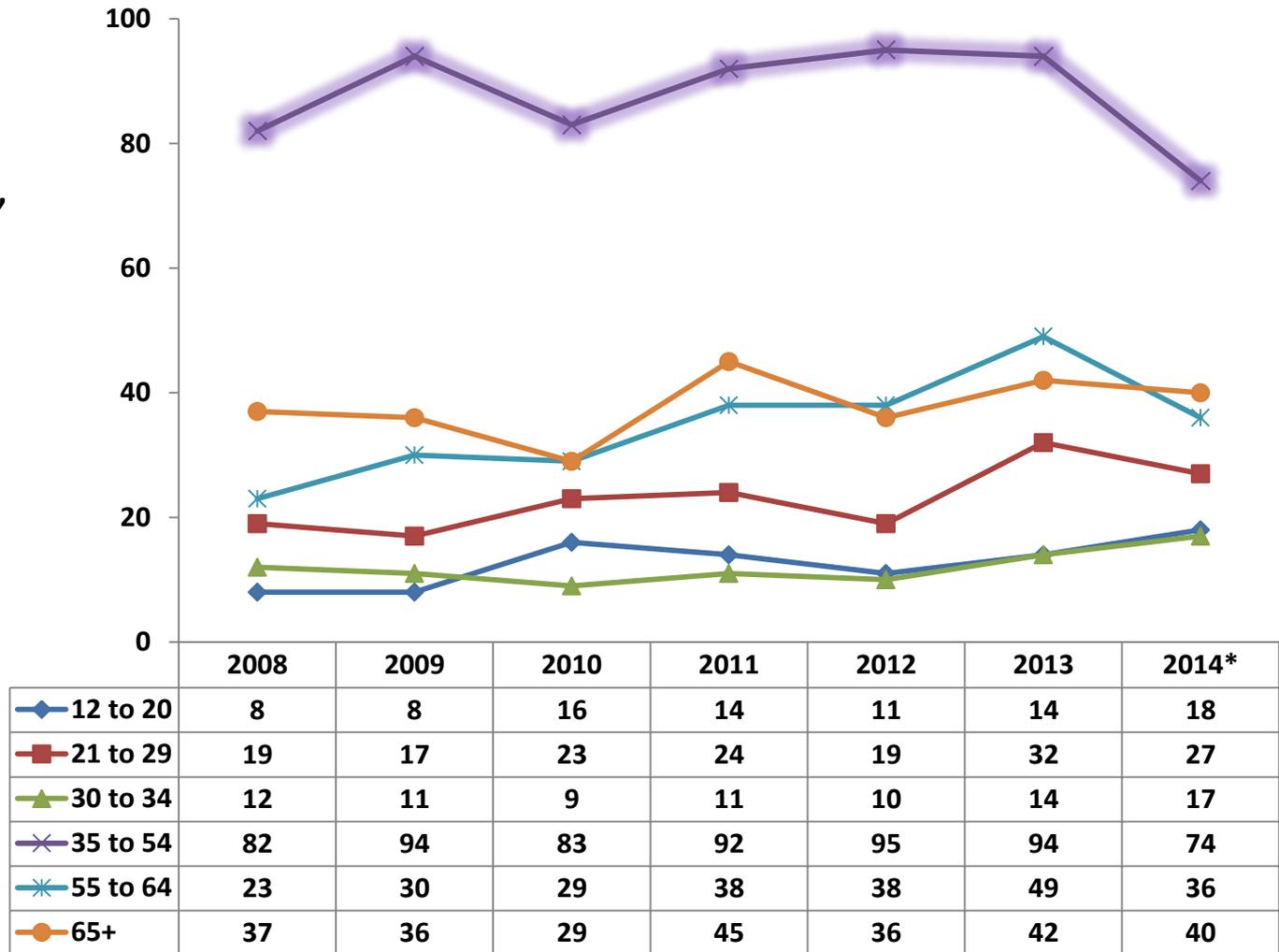


*2014 results are preliminary

Source: Office of Data, Research and Vital Statistics

Number of suicides in Maine, by age group: 2008-2014*

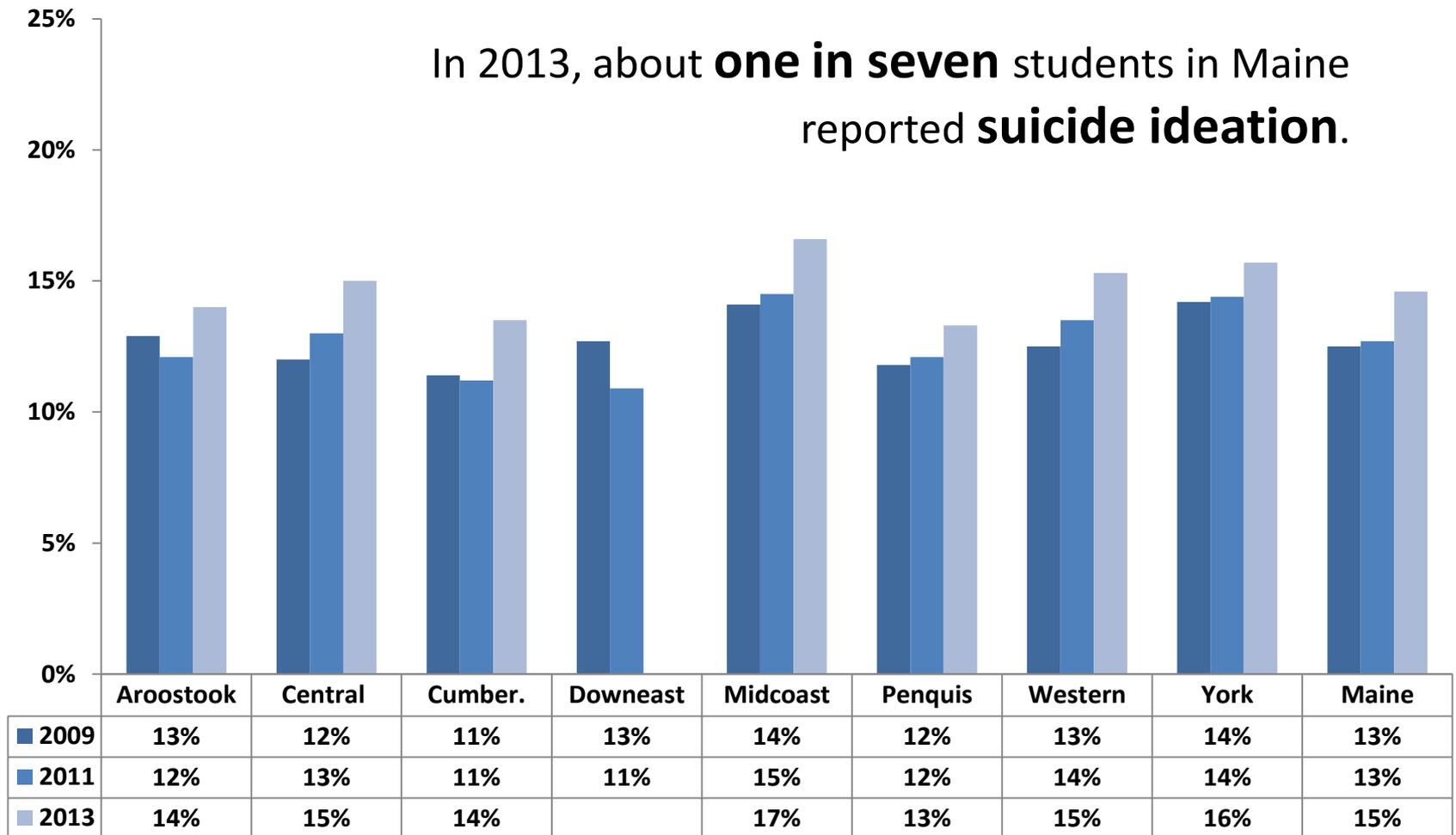
From 2008 to 2014, the greatest proportion of **suicides** was observed among Mainers **35 to 54** years old.



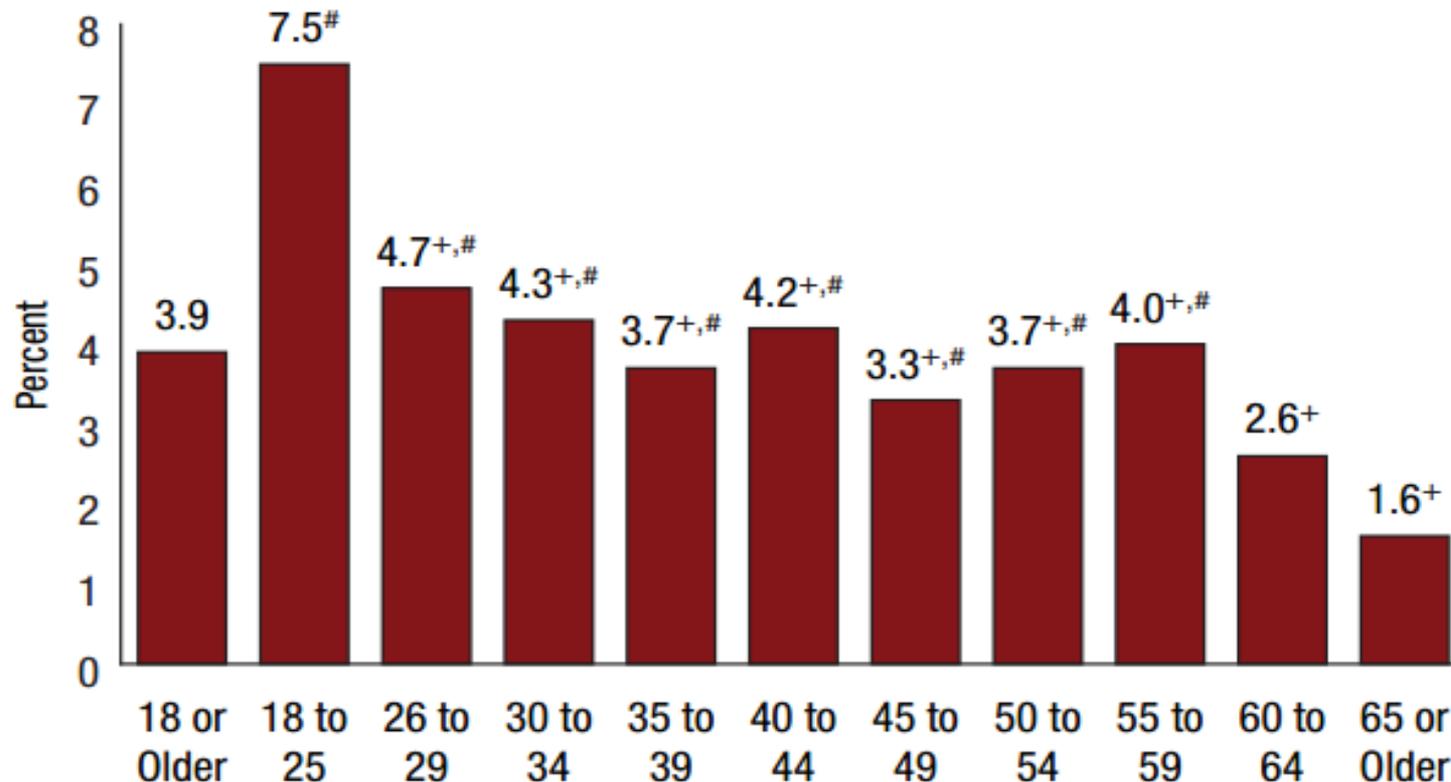
*2014 results are preliminary Source: Office of Data, Research and Vital Statistics

High school students who considered suicide during the past year, by public health district: 2009-2013

In 2013, about **one in seven** students in Maine reported **suicide ideation**.



Suicidal thoughts in the past year among adults 18+, by age group: 2014



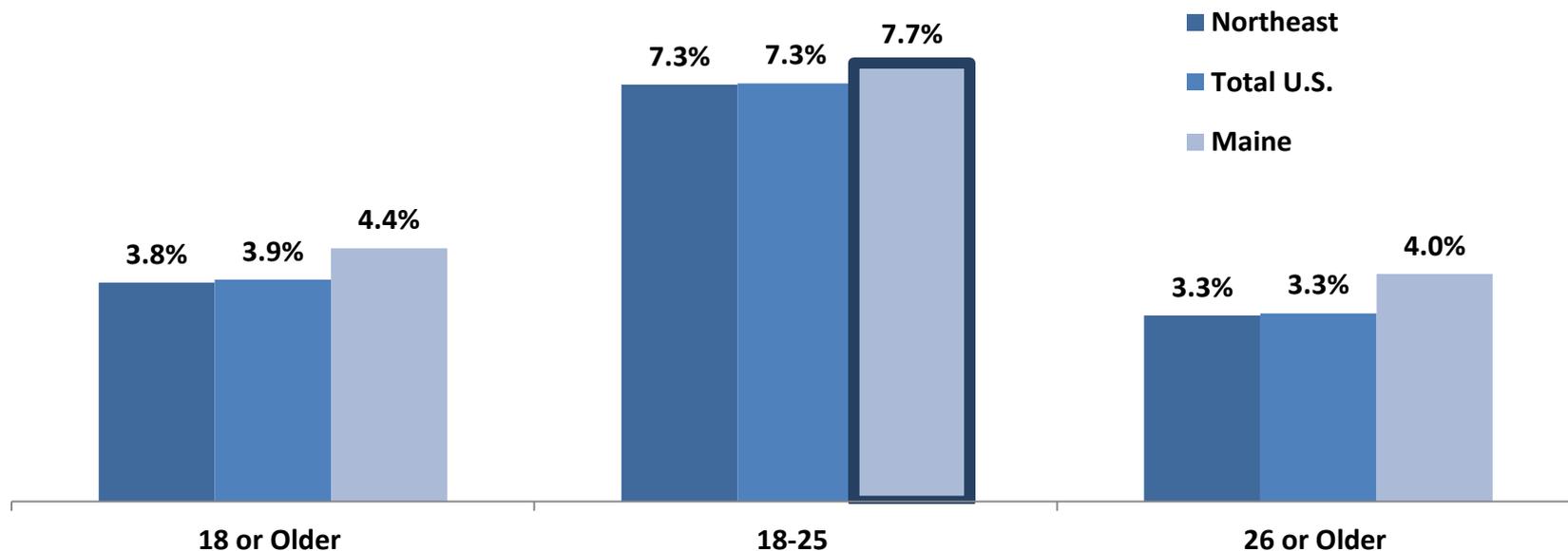
+ Difference between this estimate and the estimate for adults aged 18 to 25 is statistically significant at the .05 level.

Difference between this estimate and the estimate for adults aged 65 or older is statistically significant at the .05 level.

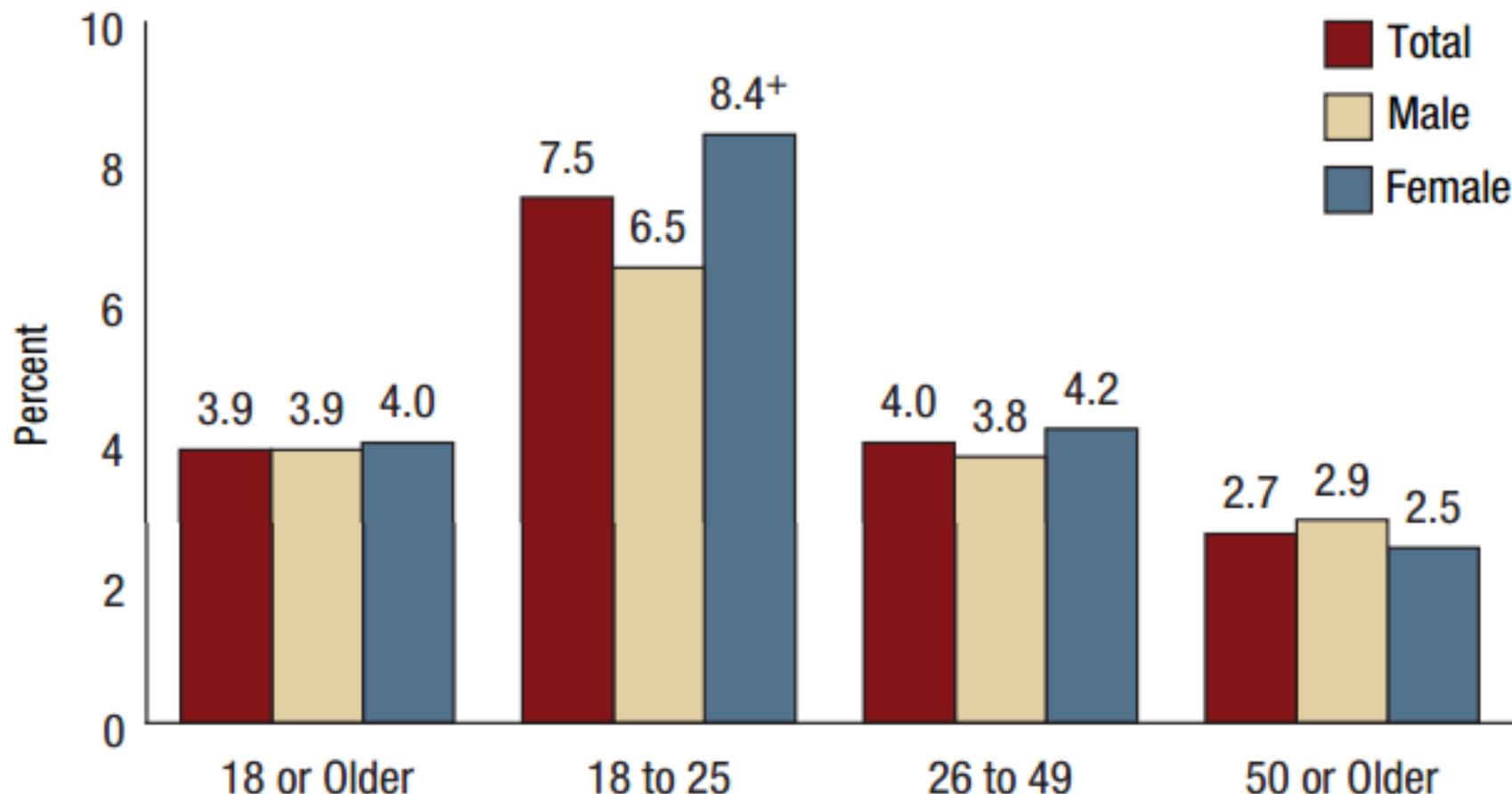
Source: National Survey on Drug Use and Health

Adults who had serious thoughts of suicide in the past year, by age group and region: 2012-13

In 2012-13, about **8%** of young adults **18 to 25** reported suicide ideation within the past year.

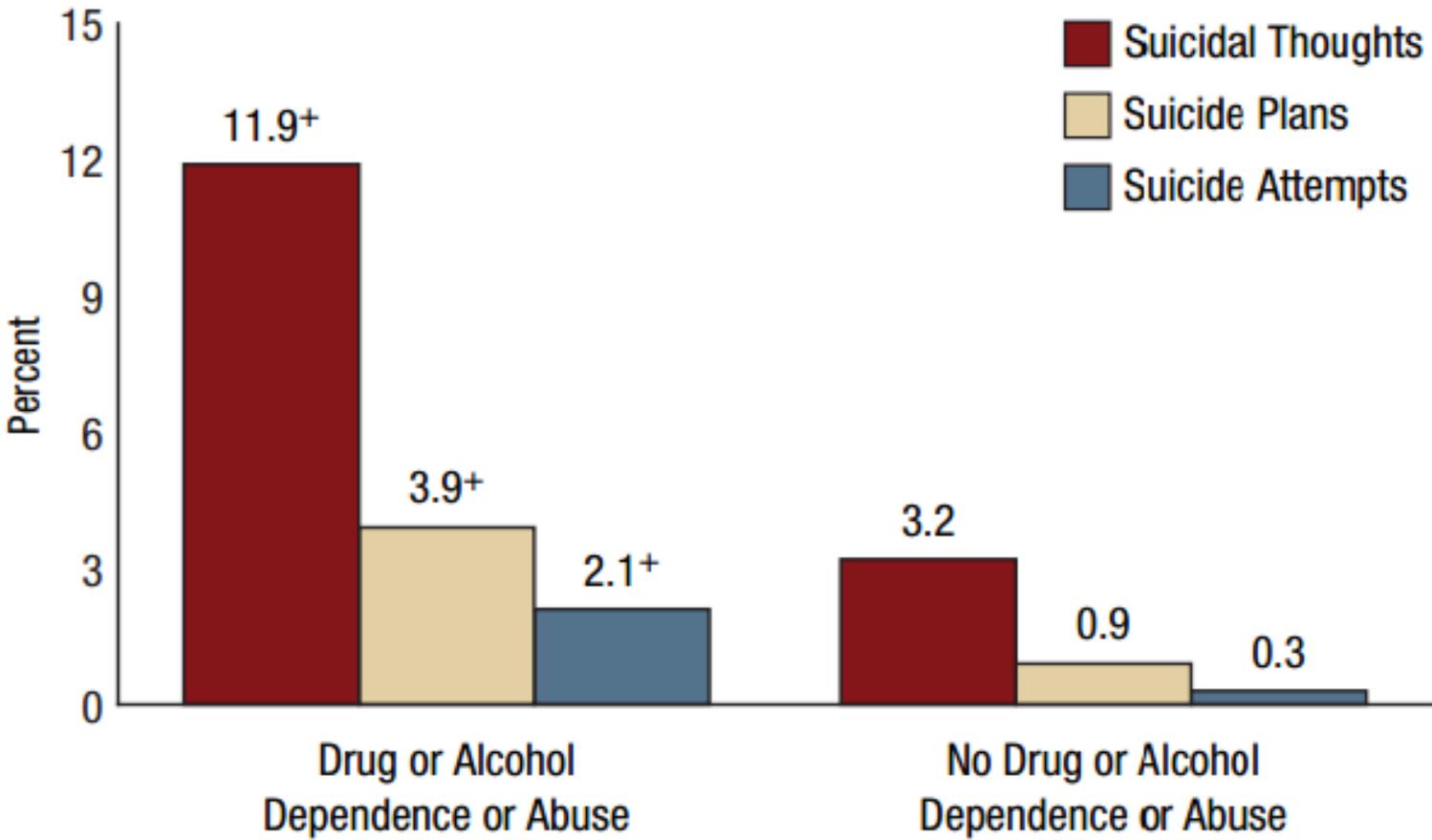


Suicidal thoughts in the past year among U.S. citizens 18+, by age group and gender: 2014



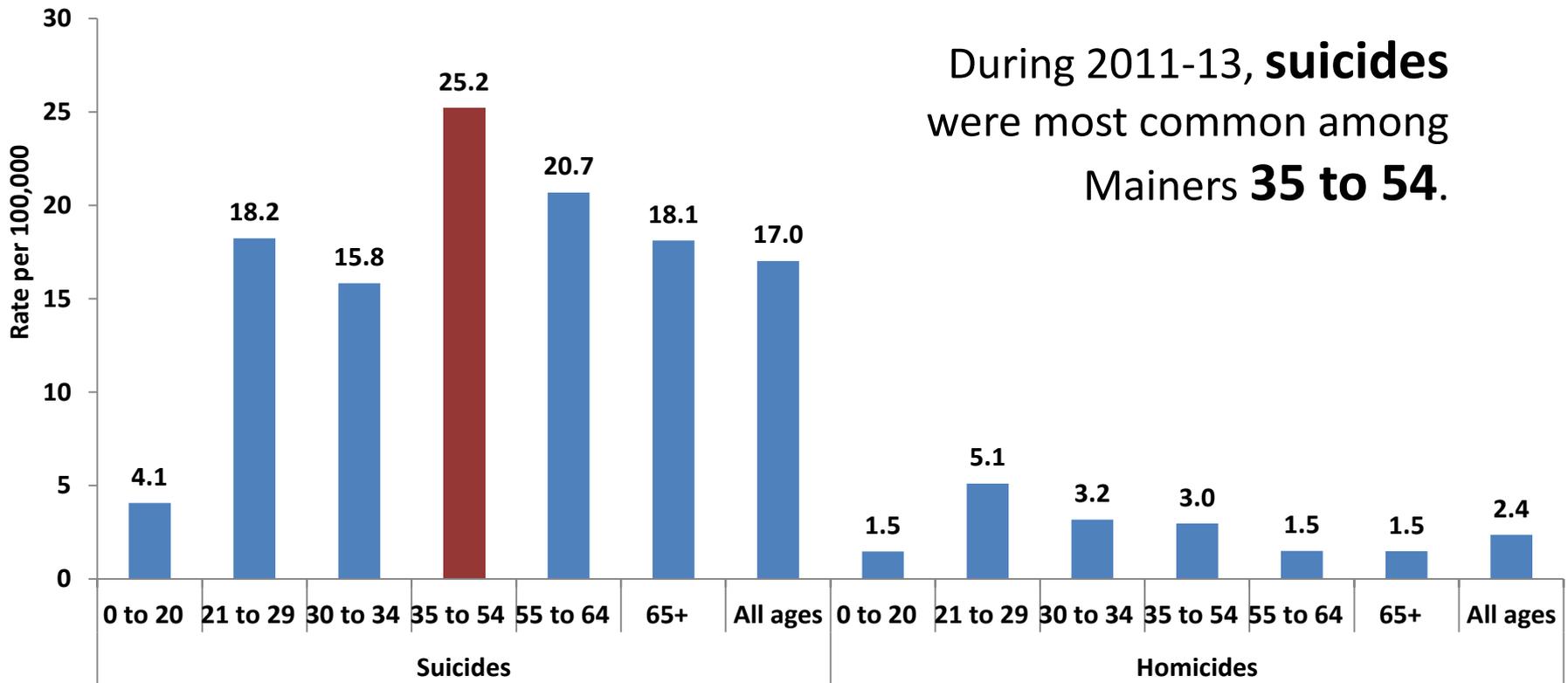
⁺ Difference between this estimate for females and the estimate for males is statistically significant at the .05 level.

Suicidal thoughts, plans, and attempts in the past year among U.S. adults 18+, by substance dependence or abuse: 2014



+ Difference between this estimate and the estimate for adults with no drug or alcohol dependence or abuse is statistically significant at the .05 level.

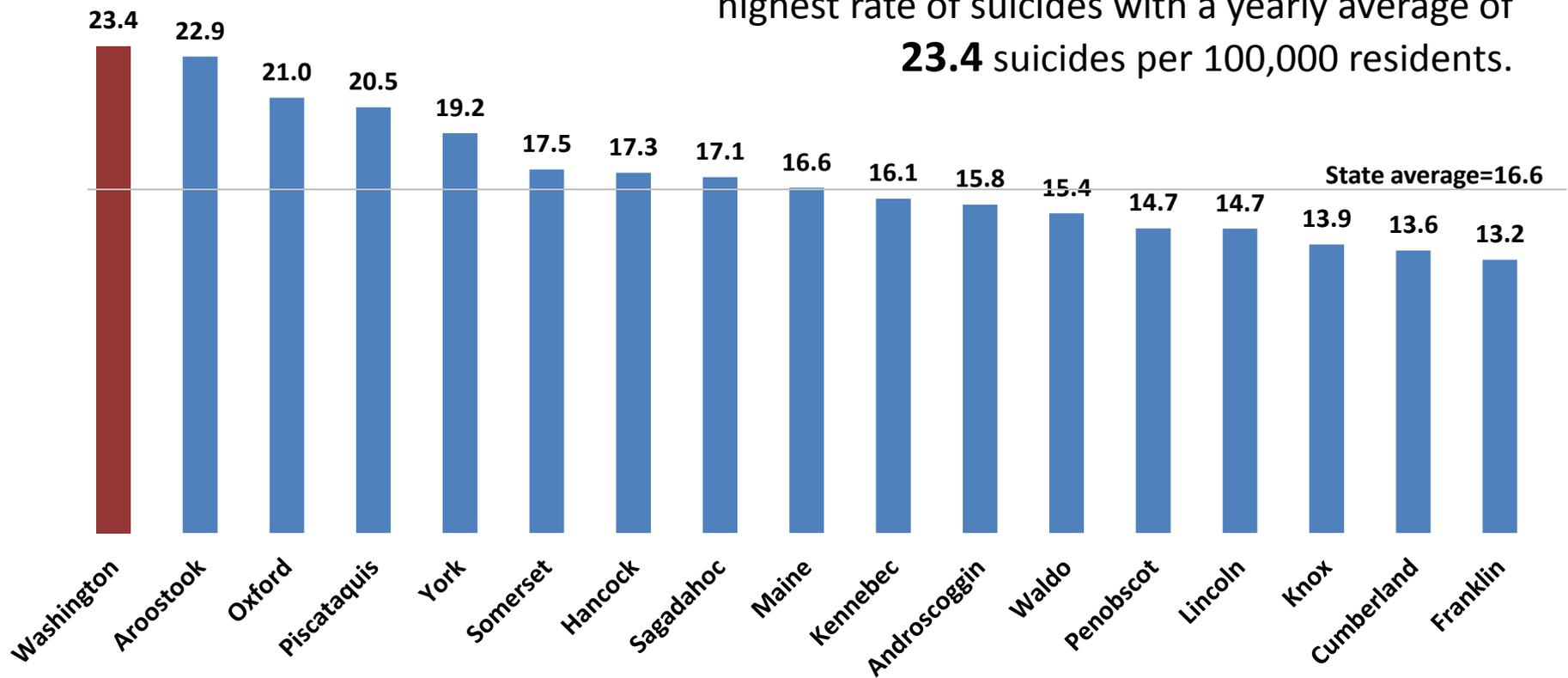
Deaths from suicide or homicide per 100,000 of the population (age adjusted), by age groups: 2011–2013



Source: Department of Health and Human Services, Maine Center for Disease Control and Prevention, Data, Research, and Vital

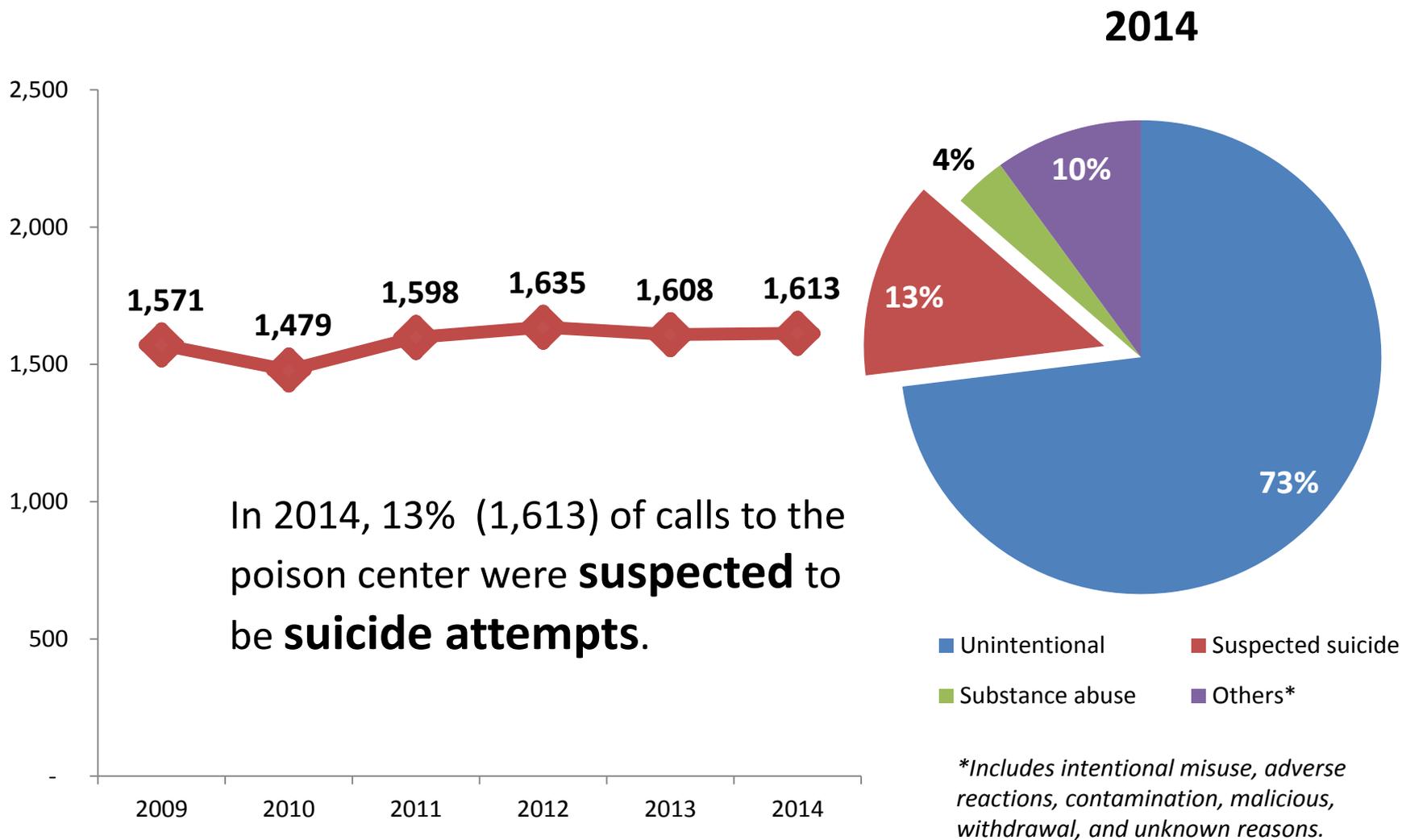
Average rate of suicides per 100,000 residents, by county: 2013-14

During 2013-14, **Washington** county observed the highest rate of suicides with a yearly average of **23.4** suicides per 100,000 residents.



Source: Department of Health and Human Services, Maine Center for Disease Control and Prevention, Data, Research, and Vital Statistics

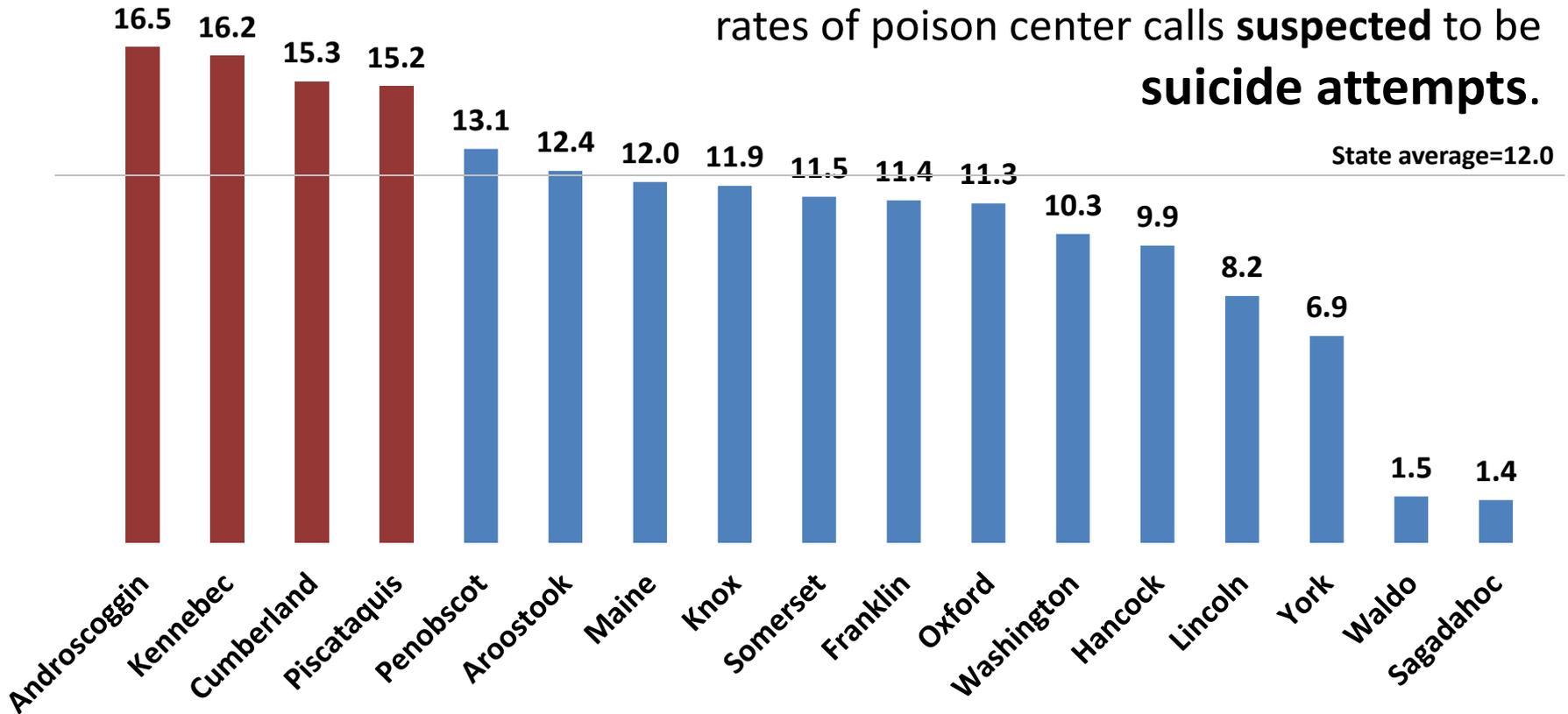
Number of poison center calls in Maine suspected to be suicide attempts: 2009-2014



Source: Northern New England Poison Center

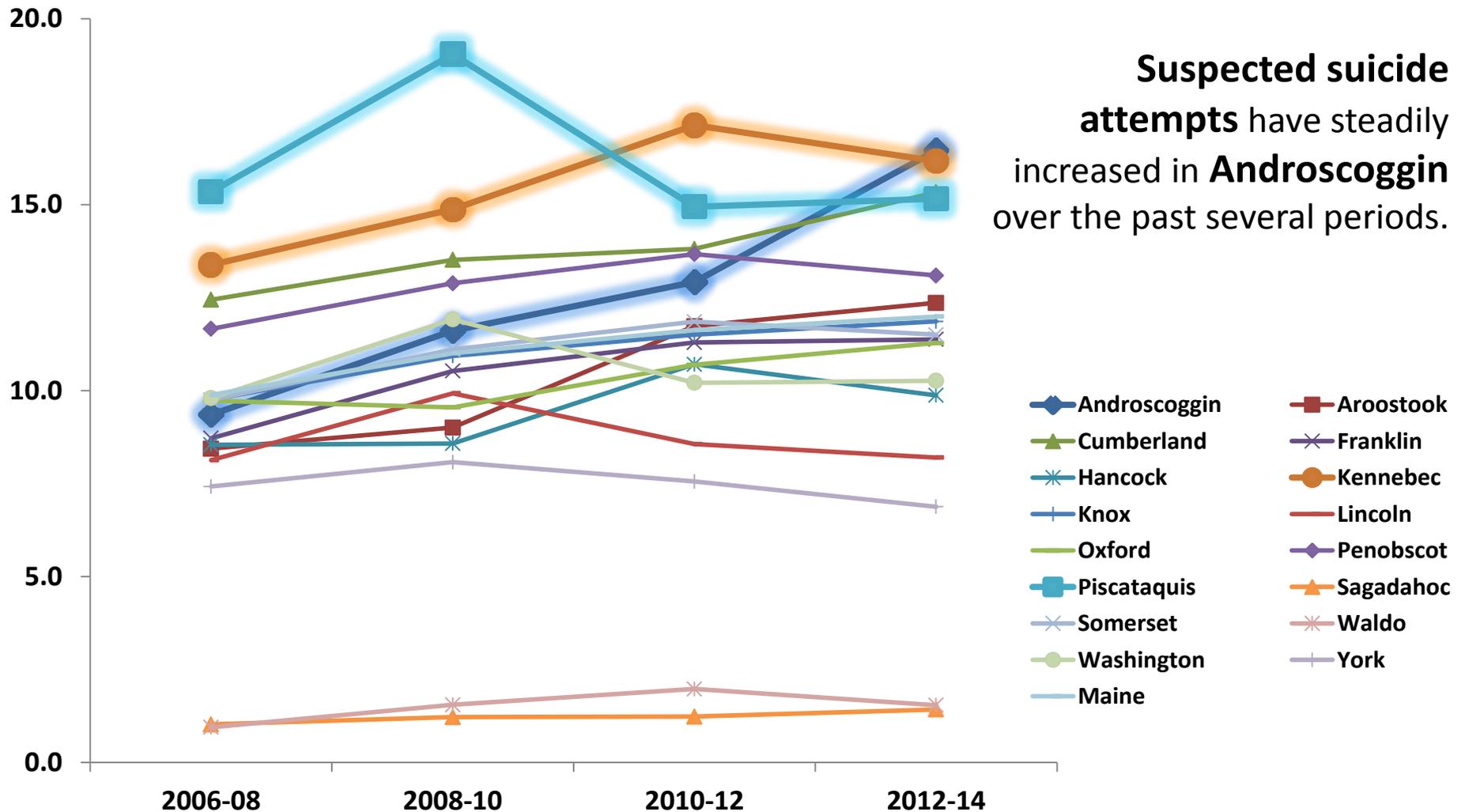
Number of poison center calls (per 10,000 residents) suspected to be suicide attempts, by county: 2012-14

Androscoggin, Kennebec, Cumberland, and Piscataquis counties observed the highest rates of poison center calls **suspected to be suicide attempts.**



Number of poison center calls (per 10,000 residents) suspected to be suicide attempts, by county (2006-08 to 2012-14)

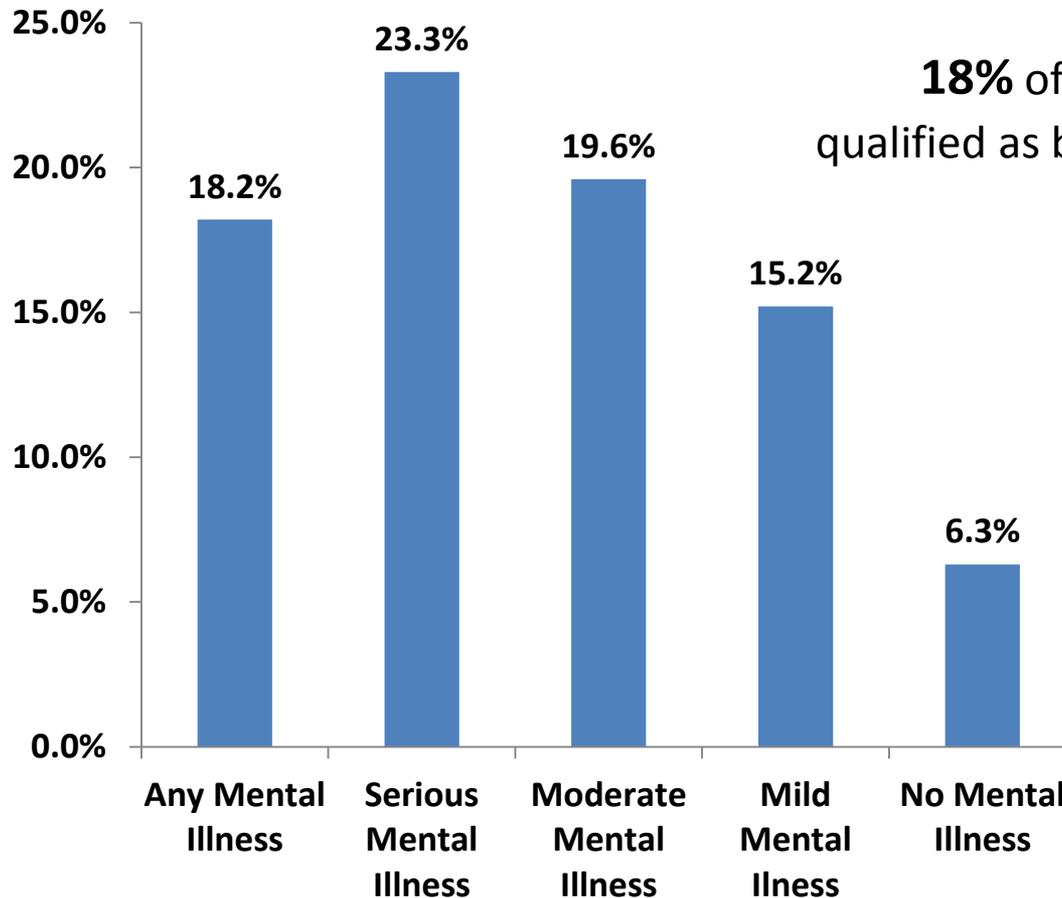
Suspected suicide attempts have steadily increased in **Androscoggin** over the past several periods.



Co-occurring Disorders

(Mental Health and Substance Use)

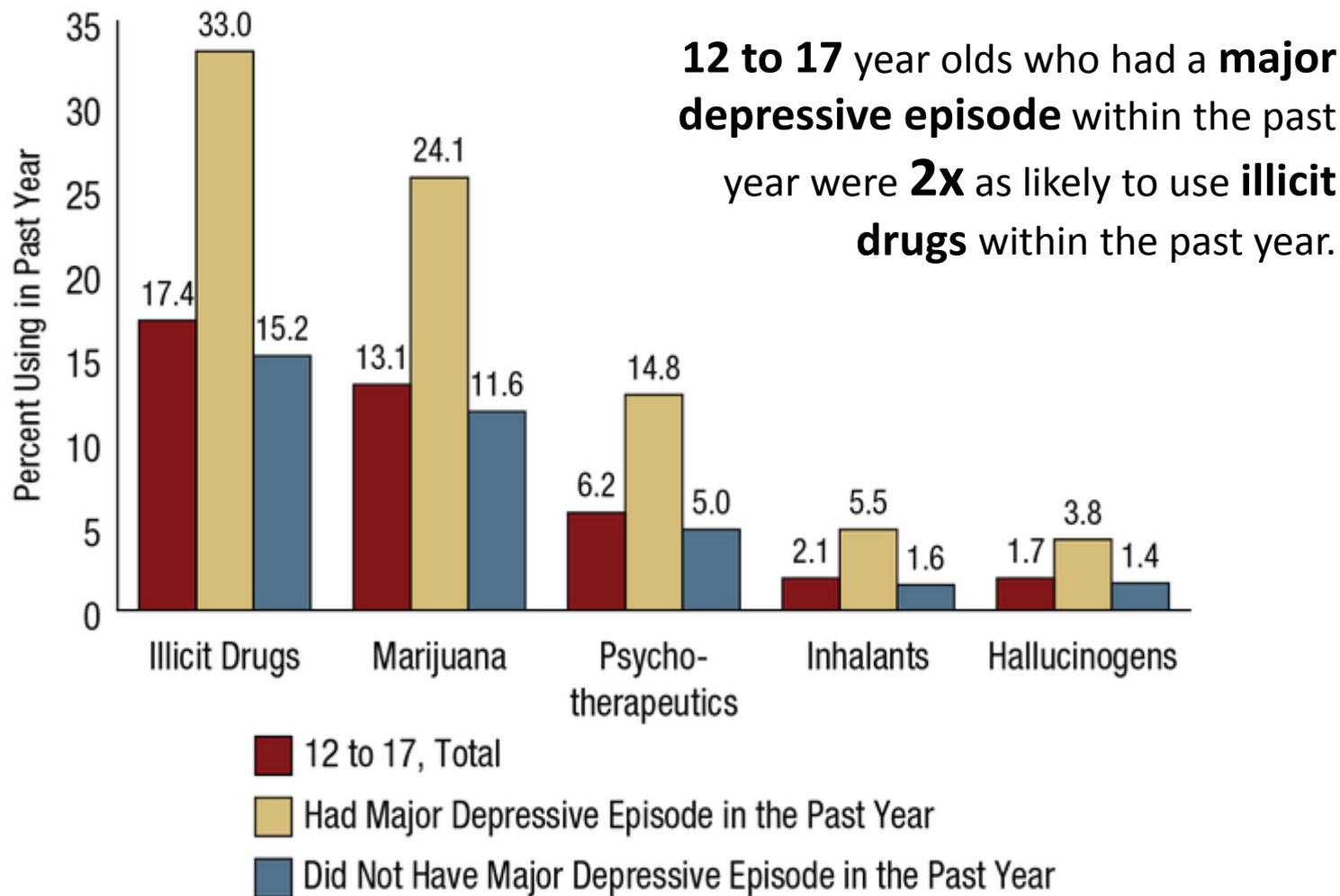
Substance Dependence or Abuse in past year among U.S. adults (18+), by level of mental illness: 2014



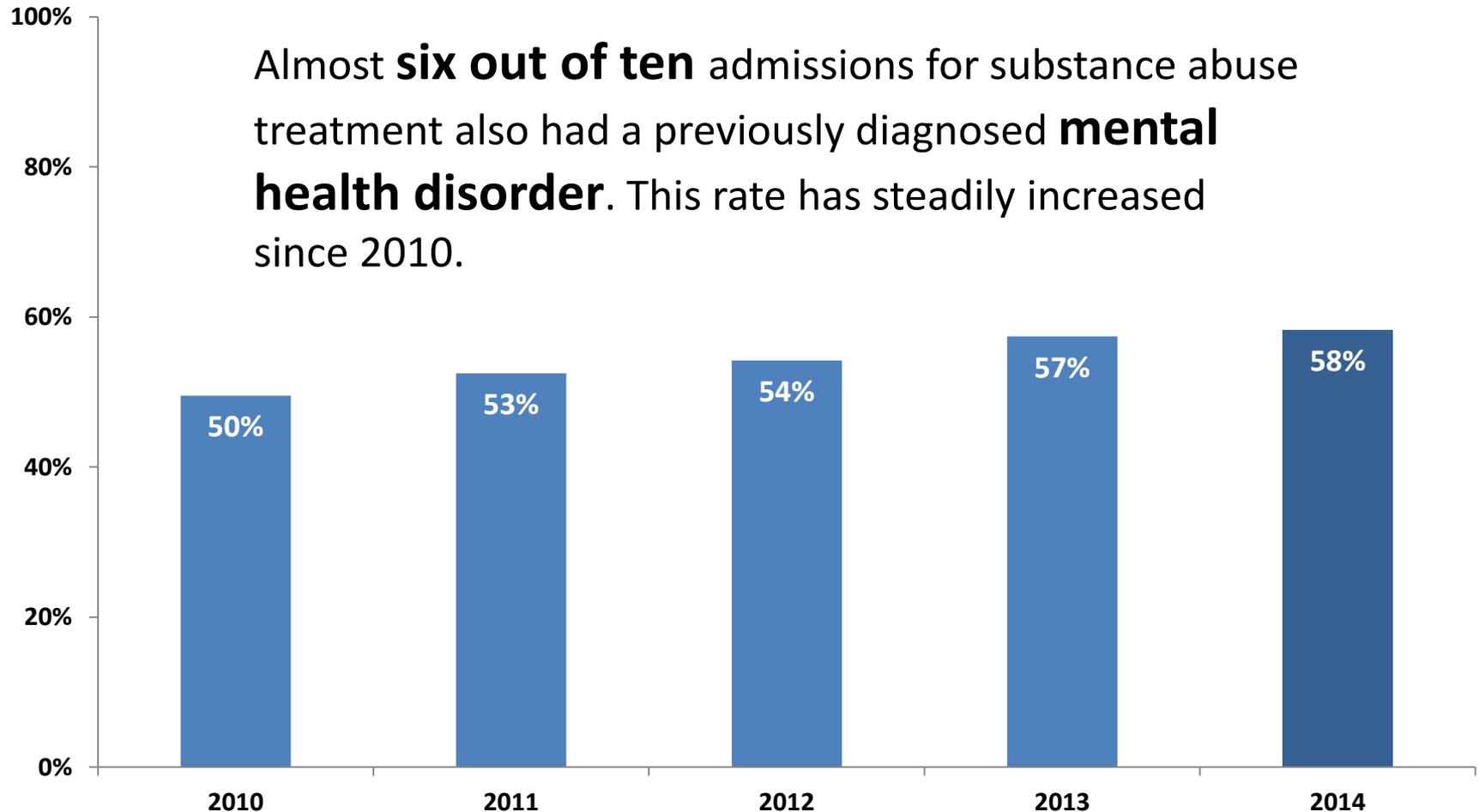
18% of adults with **any mental illness** qualified as being **dependent** on substances and/or **abusing** substances.

Adults with **serious mental illness** were nearly **4x** as likely to be dependent on and/or abuse substances when compared to those with **NO** mental illness

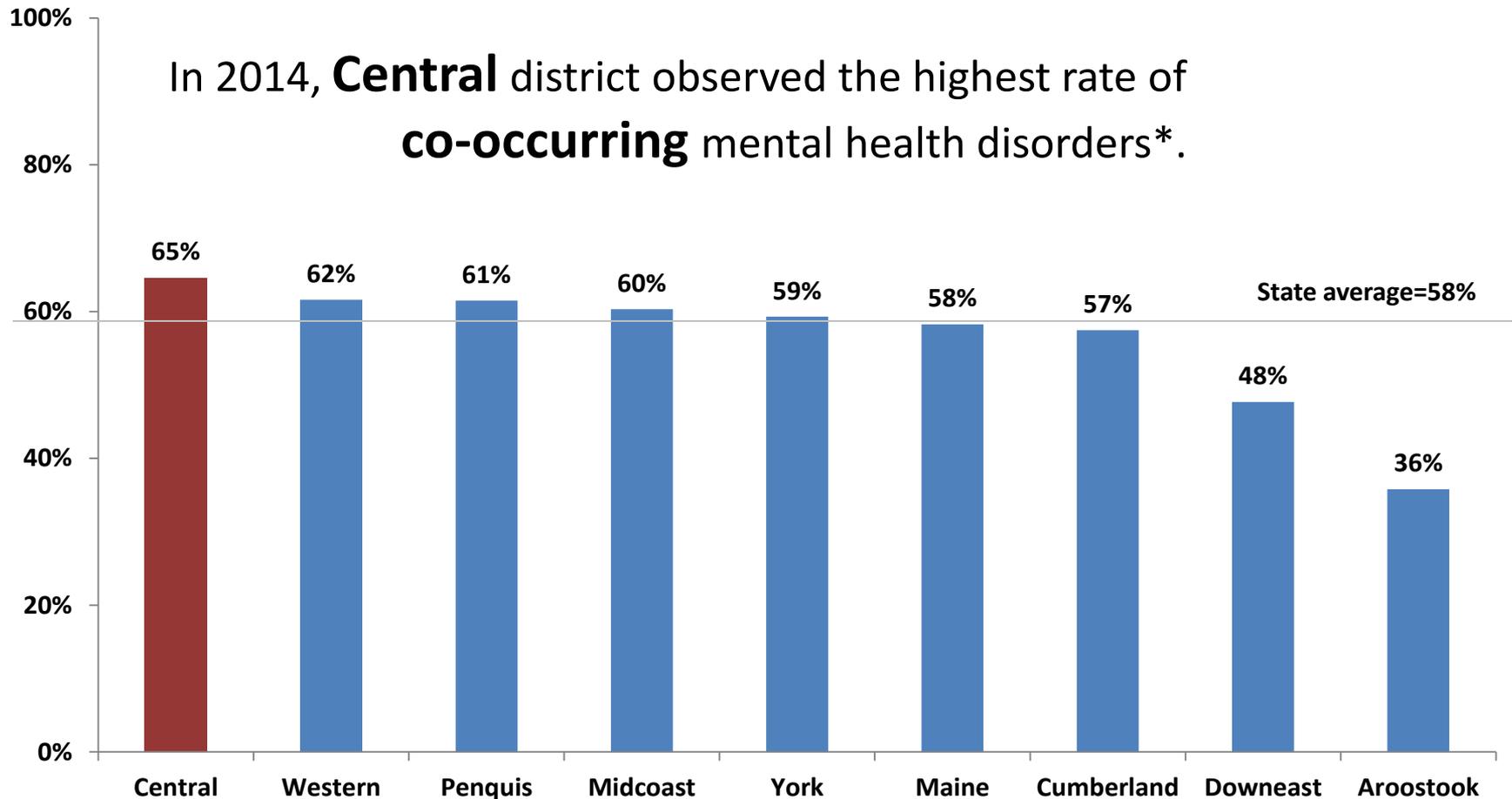
Past year illicit drug use among U.S. citizens 12 to 17, by past year major depressive episode: 2014



Percent of total treatment admissions with reported mental health disorders: 2010–2014



Percent of total treatment admissions with reported mental health disorders, by public health district: 2014

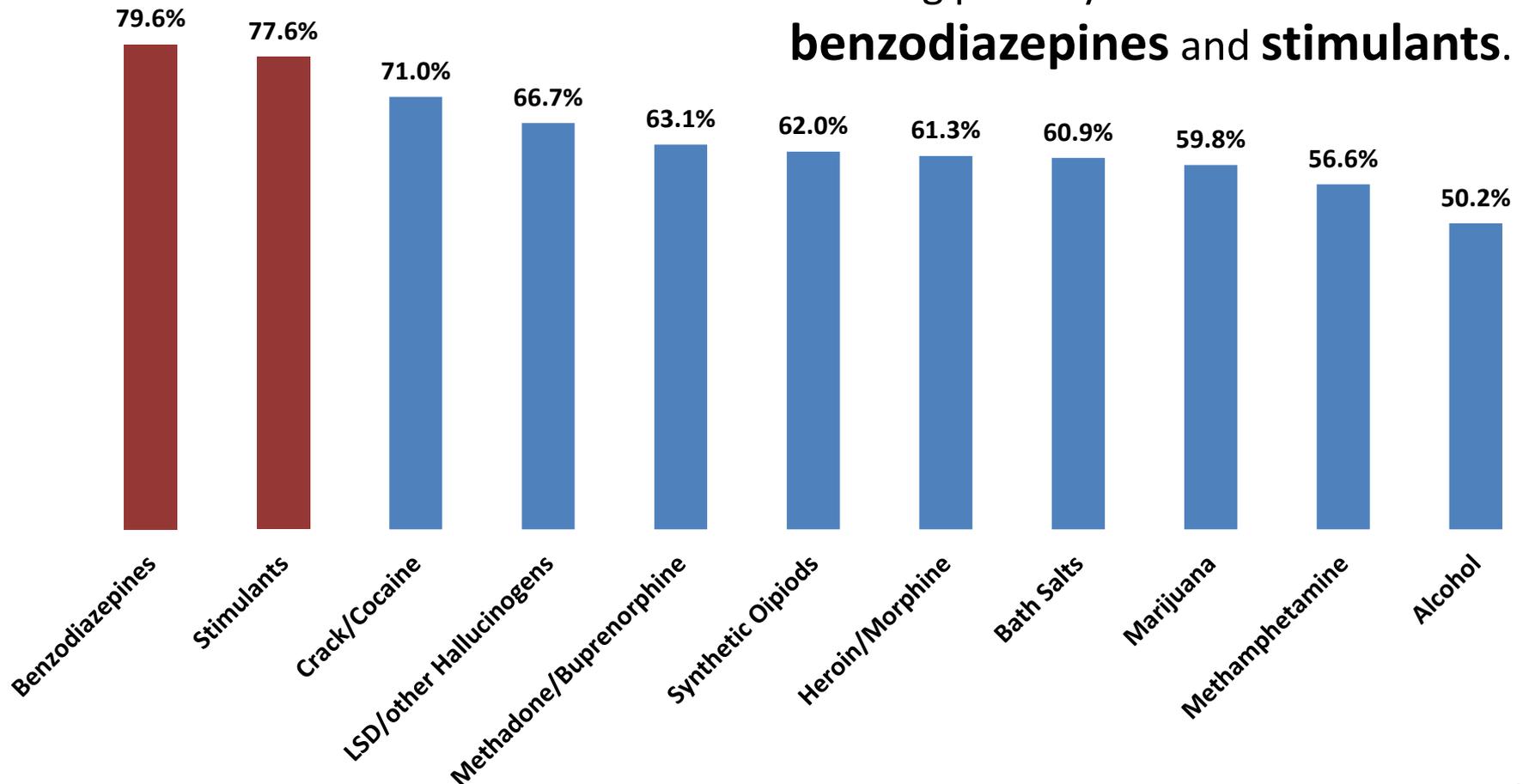


Source: Maine Treatment Data System

*Had ever been diagnosed with a mental illness/disorder

Mental health disorders among substance abuse treatment admissions, by primary drug type: 2014

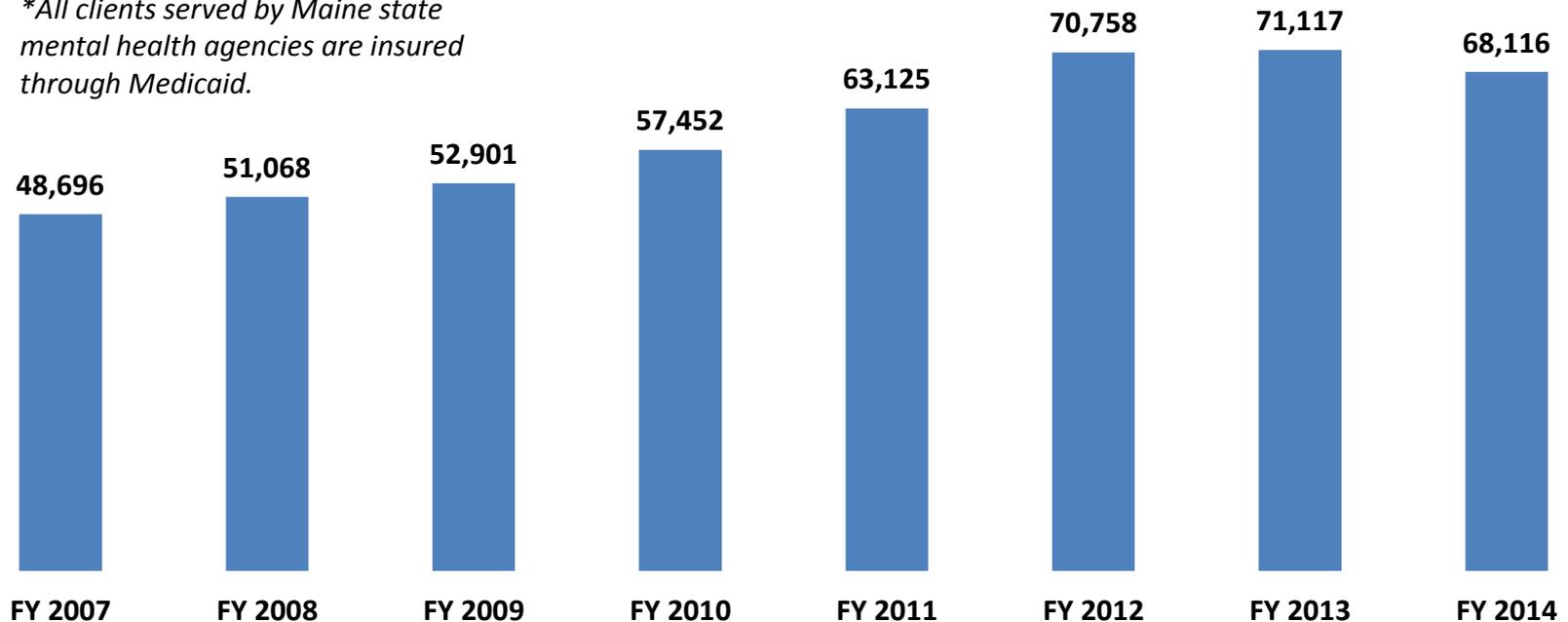
Co-occurring mental health disorders were most common among primary admissions related to **benzodiazepines** and **stimulants**.



Number of clients* served by Maine state mental health agencies (SMHA): FY 2011-2014

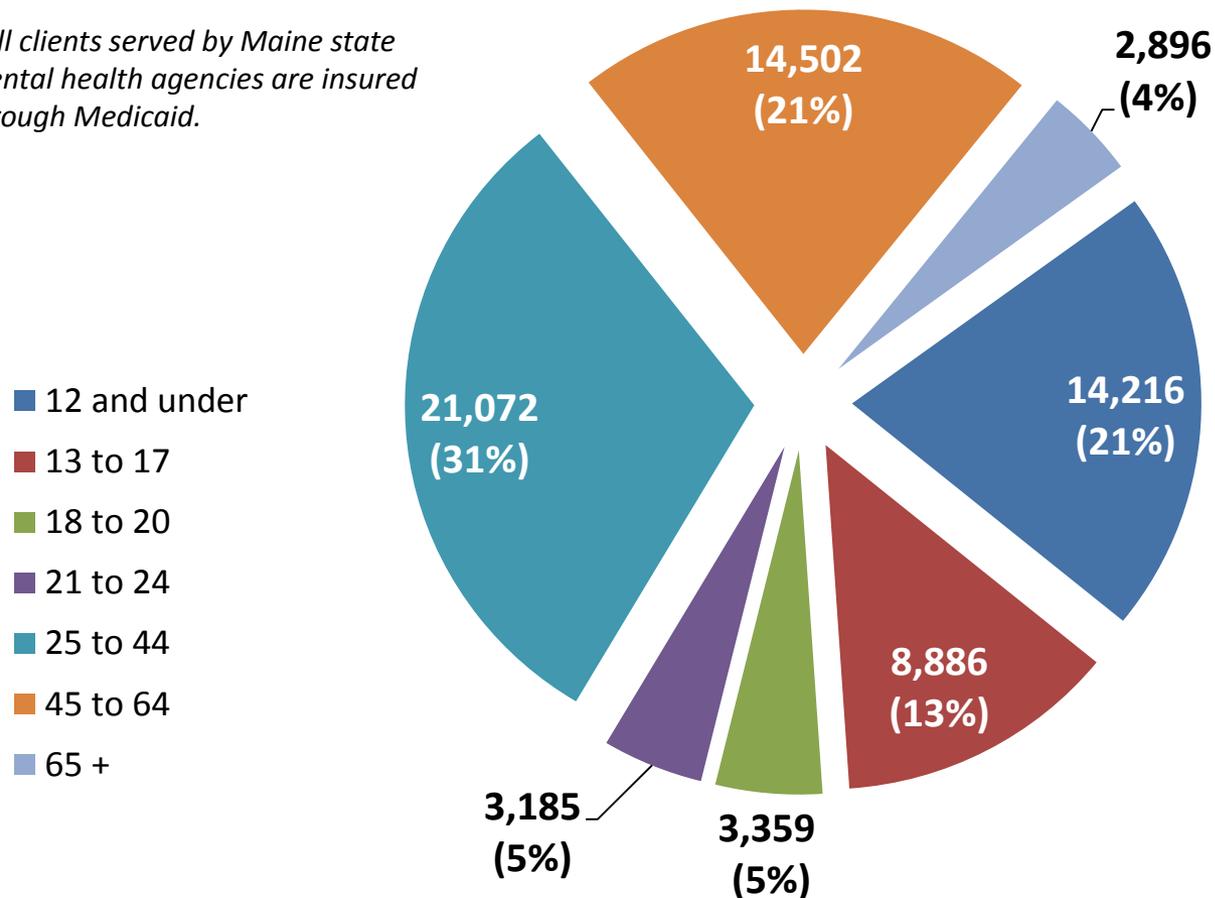
After observing a 46% increase from 2007-2013, the number of clients served by **state mental health agencies** decreased by 4% from 2013 to 2014.

**All clients served by Maine state mental health agencies are insured through Medicaid.*



Number of clients* served by Maine state mental health agencies (SMHA), by age group: FY 2014

**All clients served by Maine state mental health agencies are insured through Medicaid.*

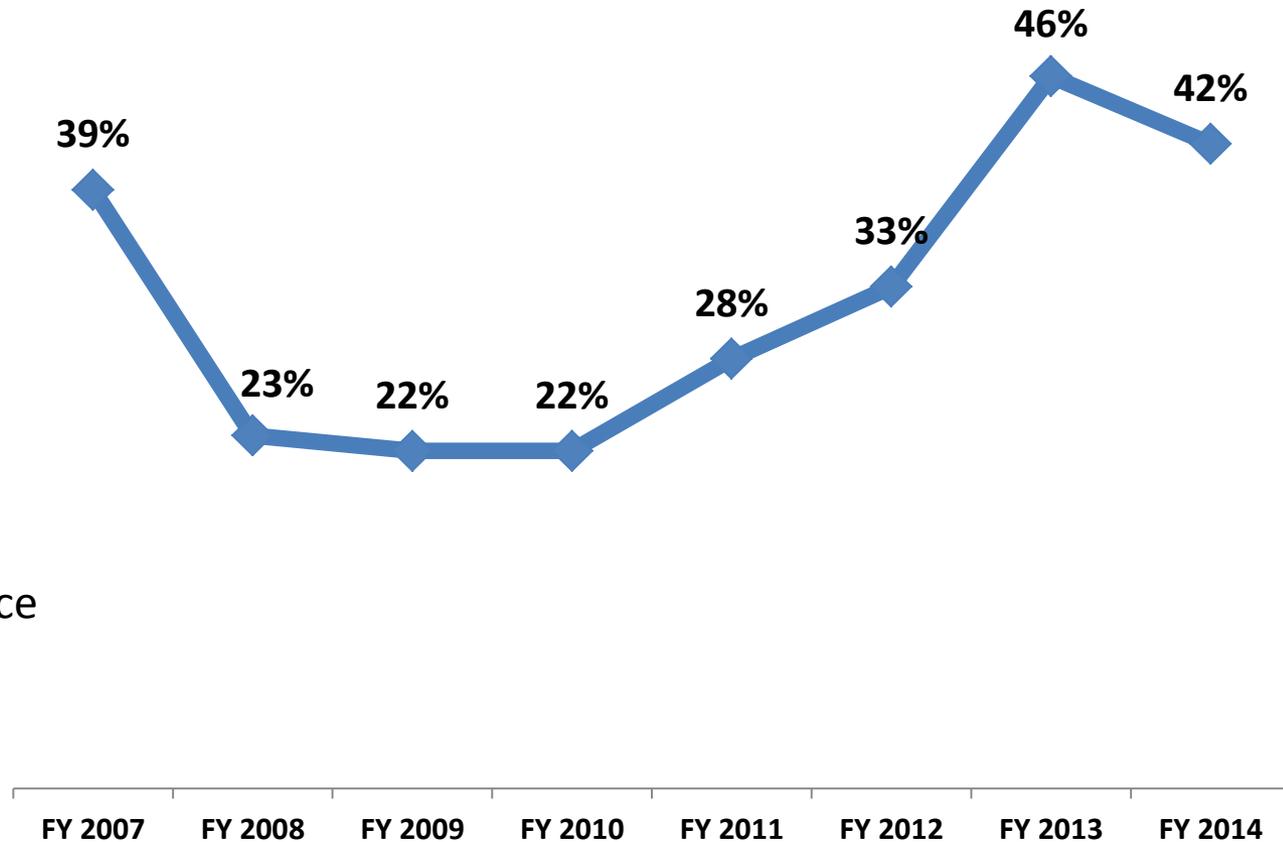


About **1 in 3** of clients served by Maine **State Mental Health Agencies** were between **25** and **44** years old.

Percent of adults served through Maine state mental health agencies (SMHA) who had co-occurring mental health and substance use disorders: 2007-2014

From 2009 to 2013, the percentage of adults served through SMHA who had a **co-occurring** mental health and substance use disorder increased by 24 points.

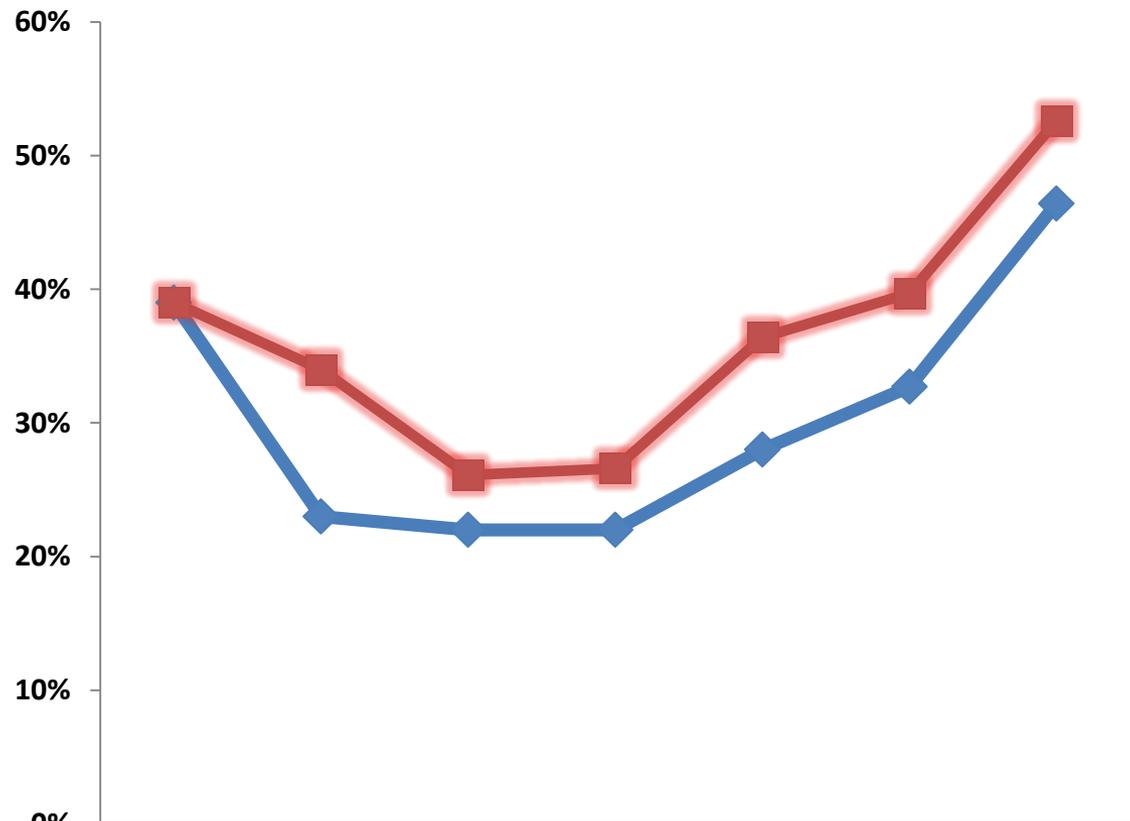
In 2014, almost **half** (42%) of adults served through SMHA had a **co-occurring** mental health and substance use disorder.



Percent of adults served through Maine state mental health agencies (SMHA) who had a co-occurring mental health and substance use disorder, by diagnosis: FY 2007 to FY 2014

From 2009 to 2013, the percentage of adults with a **SMI*** served through SMHA who had a **co-occurring** mental health and substance use disorder increased by 24 points.

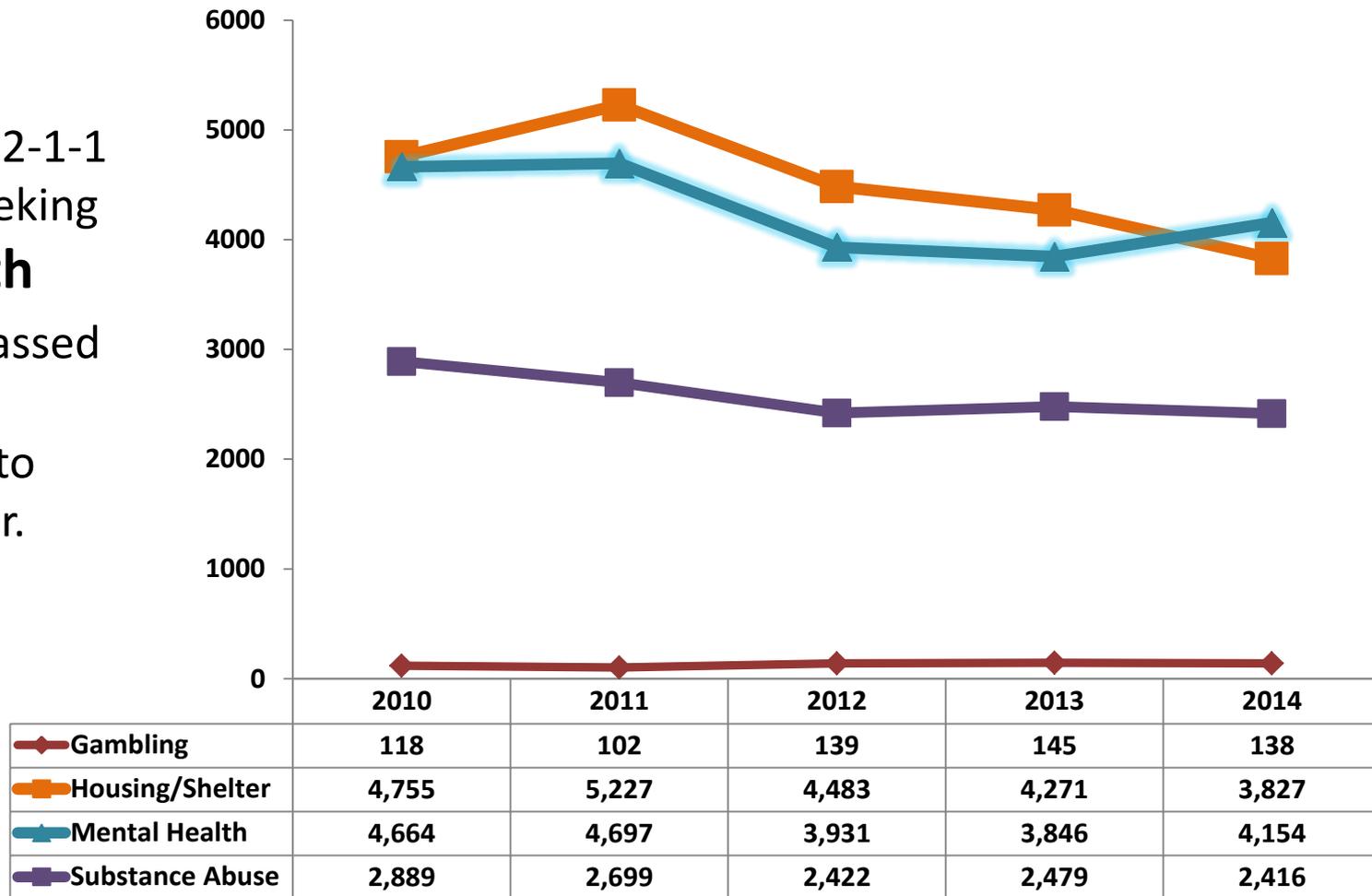
In 2013, more than **half** (53%) of adults with a **SMI*** served through SMHA had a co-occurring mental health as well as a substance use disorder.



	FY 2007	FY 2008	FY 2009	FY 2010	FY 2011	FY 2012	FY 2013
All adults served	39%	23%	22%	22%	28%	33%	46%
Adults with serious mental illness	39%	34%	26%	27%	36%	40%	53%

Number of 211 referral calls, by service type: 2010–2014

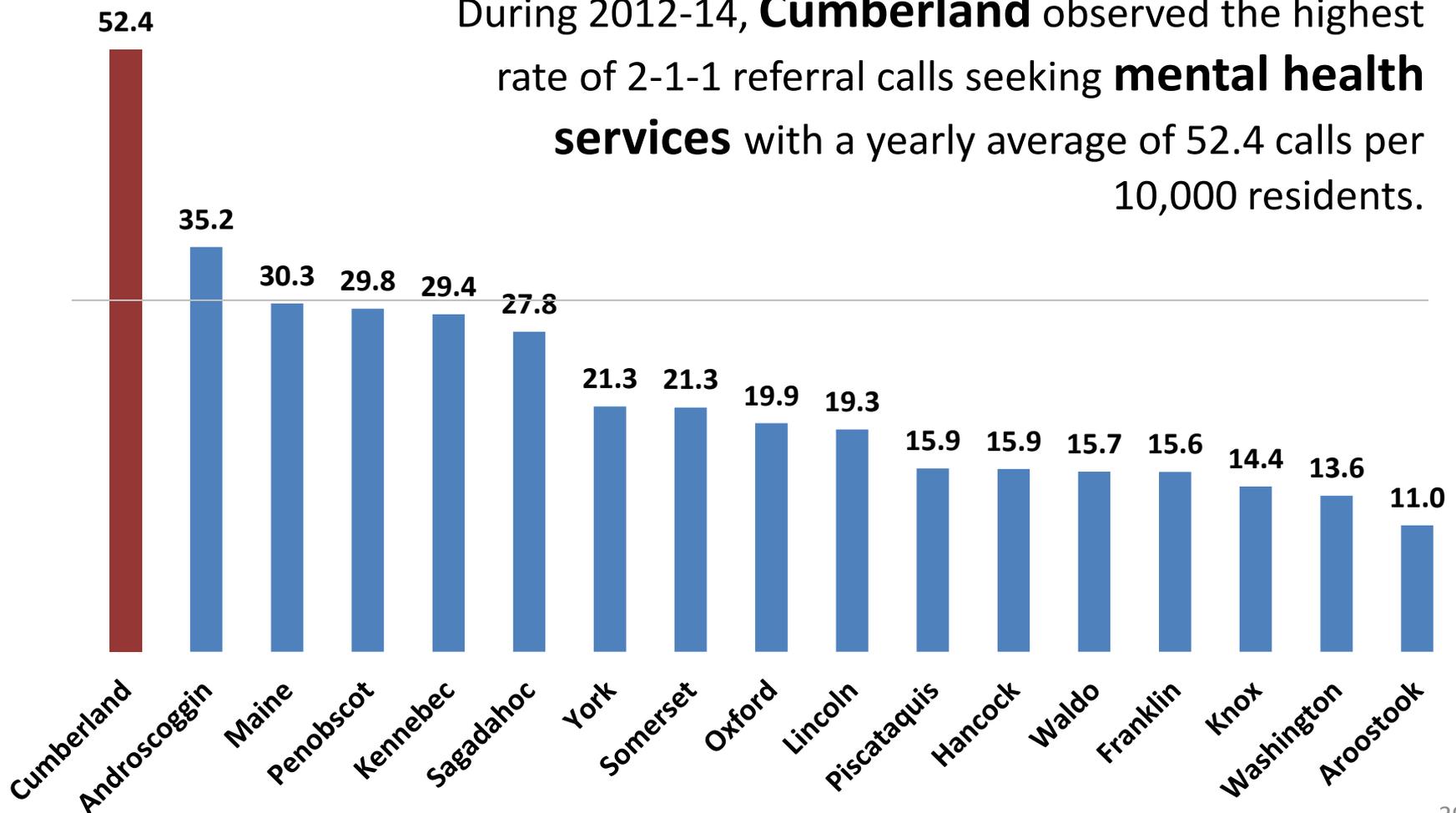
In 2014, Maine 2-1-1 referral calls seeking **mental health services** surpassed the number of calls related to housing/ shelter.



Source: 211 Maine, 2010-2014

Number of 2-1-1 calls related to mental health services per 10,000 residents, by county: 2012-14

During 2012-14, **Cumberland** observed the highest rate of 2-1-1 referral calls seeking **mental health services** with a yearly average of 52.4 calls per 10,000 residents.



Source: Maine 2-1-1

— State average

Appendix A (Data Sources)

- *Behavioral Risk Factor Surveillance System (BRFSS)*
- *Center for Mental Health Services, Uniform Reporting System (CMHA/URS)*
- *Maine Integrated Youth Health Survey (MIYHS)*
- *National Survey on Drug Use and Health (NSDUH)*
- *Northern New England Poison Center (NNEPC)*
- *Office of Data, Research and Vital Statistics (ODRVS)*
- *Treatment Data System (TDS)/WITS Substance Abuse Treatment Data System (WITS)*
- *2-1-1 Maine*

**For more information including a source description and source contact information please visit www.maineow.com*

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